

BIOHACKING YOUR HEALTH

WORKBOOK



BIOHACKING WORKBOOK

Now, it's time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions. Share your honest thoughts here – there's no judgment. There is no right or wrong answer. You are free to journal, brainstorm, and doodle in this space.

1. What does optimal health mean to you?

2. What do you feel you need to do, to reach optimal health?

3. What are three hacks you can implement today and why?

5 BENEFITS OF BIOHACKING

1. What do you hope to accomplish with Biohacking?

2. Write down three short-term goals and three long-term goals that you hope to accomplish through biohacking.

3. What do you feel is causing you stress and anxiety? What hack can you implement to help?

4 SIMPLE WAYS TO GET STARTED WITH BIOACKING

1. What areas of your life would you like to improve?

2. What are three hacks you can implement right now to improve those areas (from the question above)?

3. As you implement these hacks, take notes below and observe any changes that may have occurred. Note whether they are negative or positive changes.

5 ADVANCE BIOHACKING TECHNIQUES

1. What is most concerning to your health and why?

2. What are three actions you can do to improve your diet and how do you think those changes will affect you beyond weight loss?

3. What was your first experience with meditation like? Did you learn anything new about yourself?

10 WAYS TO BIOHACK YOUR DIET

1. What is the most important area of your diet that you believe you need to work on and why?

2. How do you think implementing these 10 hacks into your diet will help you become “superhuman”?

3. Pick one of the ten hacks to implement first and list ideas on how you will accomplish it. Plan for success. (Ex: Eliminating sugar – Meditate when there are cravings or eat a few berries)
