



Your Metabolic Wellness Score™ Results

Find your score range below to see what your results may suggest.

30–36 — THRIVING

Your everyday habits are providing a strong foundation for metabolic wellness. You appear to be consistently supporting several important areas, including movement, nutrition, sleep, recovery, strength, and healthy daily routines.

Keep building on what is already working. Healthy aging is not about perfection — it is about maintaining supportive habits over time.

23–29 — BUILDING STRONG HABITS

You have a solid foundation in place, and many of your everyday habits are supporting your metabolic wellness.

There may be a few areas where greater consistency could help strengthen your energy, recovery, movement, nutrition, sleep, or other healthy routines. Small improvements can add up over time.

15–22 — GROWING YOUR HABITS

You already have some positive habits in place, along with several opportunities to strengthen your metabolic wellness.

Rather than trying to change everything at once, consider choosing one or two areas where a realistic improvement feels manageable. Consistency matters more than perfection.

0–14 — A GREAT PLACE TO START

Your score simply identifies an opportunity to build a stronger foundation for metabolic wellness.

This is not a negative score. It is a starting point for greater awareness. Focusing on one achievable habit at a time — such as movement, nutrition, sleep, recovery, or daily consistency — can help you begin making meaningful progress.

WHAT THIS MEANS

The Metabolic Wellness Score™ is an educational, non-diagnostic self-assessment designed to help you notice patterns in your everyday habits and identify areas where small, steady improvements may support your overall wellness.

It is not intended to diagnose a medical condition, determine whether you need treatment, or replace individualized medical advice or professional evaluation.

Use your score as a starting point for reflection and progress.

Small choices. Steady progress. Better metabolic wellness over time.

YOUR NEXT STEP

Chose one area you'd like to strengthen over the next 30 days.

It might be:

Movement · Strength · Nutrition · Sleep · Recovery · Energy · Consistency

Start small. Choose one realistic habit you can repeat.

Then come back in 30 days and take the Metabolic Wellness Score™ again.

KEEP LEARNING ABOUT METABOLIC WELLNESS

Explore more physician-led healthy aging education at

DHmeds.com/metabolic-wellness

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