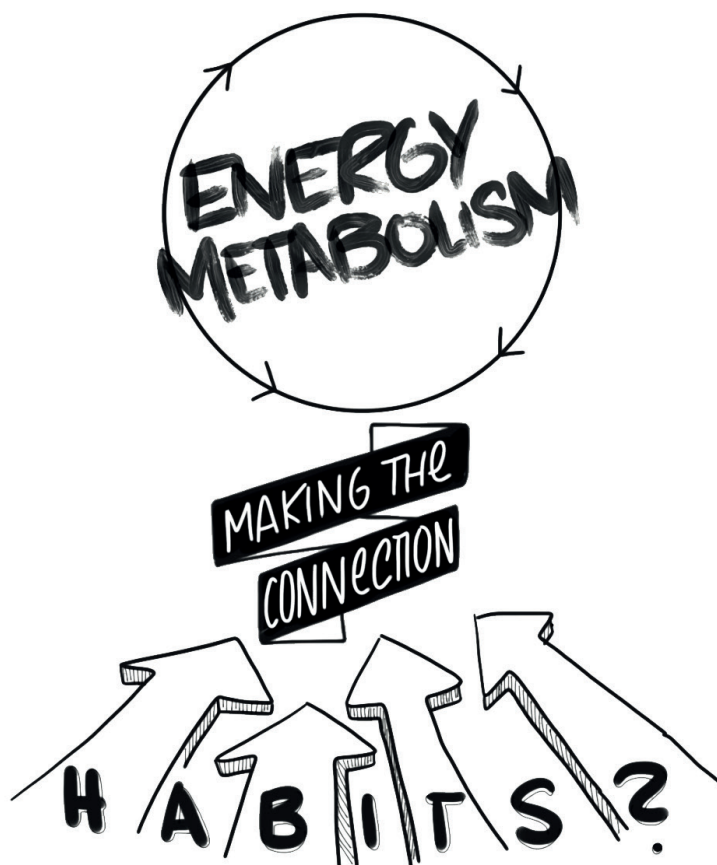


GENES VS HABITS PART III

THE
WORKSHEET

1 WHAT DO YOU KNOW ABOUT ENERGY METABOLISM ALREADY?
WHAT IS SUPPORTING A HEALTHY METABOLISM?



2 WHICH OF YOUR HABITS ARE SUPPORTING OR WEAKENING YOUR METABOLISM?