

MASTERING *HASHIMOTO'S Health Map*

Name: _____ Date: _____

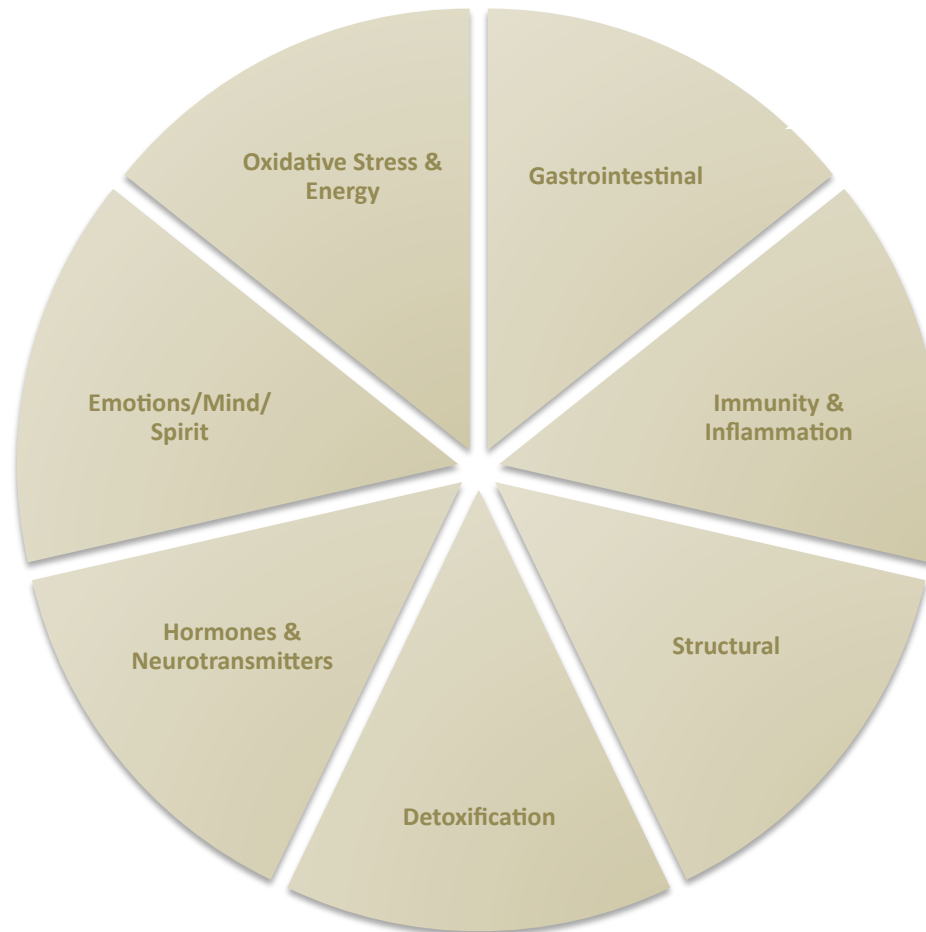
My Story

Predisposing Factors
(genetics, environment)

Triggers

Contributors

Current Imbalances



My Lifestyle

Sleep & Relaxation

Exercise & Movement

Nutrition & Hydration

Stress & Resilience

Relationships & Networks