








*Book Free Consultation*



# PEPTIDE CHECKLIST

## READY TO OPTIMIZE?

-  **Recent Lab Work**  
Have a basic hormone panel (e.g., testosterone, thyroid) from the last 6-12 months
-  **Nutrition in Place**  
Eating habits that support blood sugar, hormone balance, and recovery
-  **Regular Physical Activity**  
At least 2-3x/week of movement (lifting, walking, yoga, etc.)
-  **Rest and Recovery Habits**  
You're sleeping well and managing stress in a sustainable way
-  **A Plan to Consult a Provider or Guide**  
Have support for reviewing results and staying safe with your protocol