

## Homework for Module 0 - Welcome to RHFL Formula

- See Doctor for Check Up, Physical, and Blood Tests, especially if you have ED or chronic illness
- Blood Test (OPTIONAL but HIGHLY RECOMMENDED. \*\* = most important)
  - \*\* Magnesium
  - \*\* Zinc
  - \*\* Vitamin D
  - \*\* Total Testosterone
  - \*\* Free Testosterone
  - (OPTIONAL: Bioavailable Testosterone or SHBG & Albumin)
  - \* Lipid Panel: LDL, HDL, and Triglycerides
  - Fasting Insulin
  - Thyroid Panel: TSH, T4, T3
  - Hemoglobin A1c
- Take Measurements
  - Waist Circumference at Belly Button
  - Take 2 Before Pictures with Shirt Off: Front View, Side View
  - Take your Blood Pressure and Write it Down
  - Complete Worksheet 1.1 - Your True Sexual Desires
  - Post Your Intro Video in “Rock Hard for Life Inner Circle” Facebook group
  - If you are in a relationship, talk to your partner about going through RHFL Formula and request her help and support.