

ENVIRONMENTAL AND LIFESTYLE EXPOSURE INVENTORY

Reducing Your Total Burden

The goal is not to create a toxin-free life. That is neither realistic nor necessary. Instead, use this inventory to identify areas where small changes may help reduce your overall exposure burden over time.

Food & Beverage

- ☐ Frequently consume highly processed foods
- ☐ Frequently consume foods with artificial colors
- ☐ Frequently consume foods with artificial sweeteners
- ☐ Frequently consume foods with long ingredient lists
- ☐ Drink from plastic bottles daily
- ☐ Frequently microwave food in plastic containers
- ☐ Use nonstick cookware that is scratched or damaged

Other:

Personal Care Products

- ☐ Use scented lotions
- ☐ Use scented body wash
- ☐ Use scented shampoo or conditioner
- ☐ Use perfume or cologne regularly
- ☐ Use conventional air fresheners
- ☐ Use heavily fragranced laundry products

Other:

Environmental & Lifestyle Exposure Inventory (continued)

Household Products

- ☐ Use scented candles frequently
- ☐ Use plug-in air fresheners
- ☐ Use aerosol sprays
- ☐ Use conventional cleaning products without ventilation
- ☐ Use pesticides indoors
- ☐ Use herbicides or pesticides outdoors

Other:

Air Quality

- ☐ Exposure to cigarette smoke
- ☐ Exposure to secondhand smoke
- ☐ Exposure to wood smoke
- ☐ Frequent exposure to dust or mold
- ☐ Poor household ventilation
- ☐ Frequent exposure to traffic pollution

Other:

Water & Food Storage

- ☐ Drink primarily bottled water
- ☐ Rarely filter drinking water
- ☐ Store food in plastic containers
- ☐ Frequently consume canned foods

Other:

Environmental & Lifestyle Exposure Inventory (continued)

Occupational & Hobby Exposures

- ☐ Solvents
- ☐ Paints
- ☐ Automotive chemicals
- ☐ Industrial chemicals
- ☐ Dust exposure
- ☐ Heavy metals
- ☐ Agricultural chemicals
- ☐ Other exposures

Other:

Lifestyle Stressors That Increase Body Burden

- ☐ Chronic sleep deprivation
- ☐ Excessive alcohol
- ☐ Chronic psychological stress
- ☐ Sedentary lifestyle
- ☐ Social isolation
- ☐ Poor nutrition
- ☐ Lack of restorative downtime

Other:

Environmental & Lifestyle Exposure Inventory (continued)

Reflection

Which areas surprised me?

Which exposures seem easiest to improve?

What is one small change I can make this month?

Choose 1–3 simple changes:

- ☐ Replace plastic water bottles with reusable glass or stainless steel
- ☐ Filter drinking water
- ☐ Open windows more often
- ☐ Switch to fragrance-free laundry products
- ☐ Reduce use of air fresheners
- ☐ Improve food storage containers
- ☐ Choose more whole foods
- ☐ Improve ventilation when cleaning
- ☐ Other: