



immuni.fit

# protect your body



sign up with



# liberate your mind



sign up with



# elevate your soul



sign up with





# welcome kavita

immunity is your defence  
system against all things  
seen and unseen.

before we start this  
wonderful journey to make  
you immunifit let's first check  
your immunity levels.

lets go!

i wish to explore



1

Do you wake up with some or the other body pain or feel low on energy?

- ☐ Always
- ☐ Sometimes
- ☐ Never

2

Do you need tea/coffee or juice to start your day?

- ☐ Always
- ☐ Sometimes
- ☐ Never





3

Does your stomach clear well?

- ☐ Always
- ☐ Sometimes
- ☐ Never

4

Do you feel appropriately hungry?

- ☐ Always
- ☐ Sometimes
- ☐ Never





5

Can you work the whole day  
without feeling tired?

- ☐ Always
- ☐ Sometimes
- ☐ Never

6

Can you go to bed before 11.00pm  
without taking any medicine?

- ☐ Always
- ☐ Sometimes
- ☐ Never







7

Do you frequently fall ill?

- ☐ Always
- ☐ Sometimes
- ☐ Never

8

Do you suffer from any long ailment for which you take medicine every day?

- ☐ Always
- ☐ Sometimes
- ☐ Never





9

Can you sit idle for 20 minutes  
without doing anything?

- ☐ Always
- ☐ Sometimes
- ☐ Never

10

Are you satisfied with your life?

- ☐ Always
- ☐ Sometimes
- ☐ Never



check my score



well!  
your immunity  
score is

3.7

your score falls in average  
category.

but don't worry, it can be  
improved with some very  
simple steps.

show me how!

i wish to explore



immuni.fit

