WARM-UPS 01

What's the worst dish anyone in this family ever made? Who made it, and did we eat it?

●○○ Gentle

WARM-UPS 02

Who can fall asleep anywhere: in a chair, in the car, halfway through a movie?

●○○ Gentle

WARM-UPS 03

EVERYONE

What's the funniest thing that ever happened at a family gathering?

●○○ Gentle

WARM-UPS 04

Which relative would last longest on a desert island? Who would be first to complain?

●○○ Gentle

WARM-UPS 05

Who's the family's best storyteller? They have one minute to tell a story, starting now.

●○○ Gentle

WARM-UPS 06

EVERYONE

If our family had a theme song, what would it be?

●○○ Gentle

© Your Body, Decoded · yourbodydecoded.org · Personal use only · 1/10

ROOTS 01

What's the oldest family story you know, the one everybody has heard at least twice?

●○○ Gentle

ROOTS 02

Where did your grandparents grow up, and what did they do for work?

●○○ Gentle

ROOTS 03

Which relative do people say I take after? In what way?

●○○ Gentle

ROOTS 04

What did a visit to the doctor look like when you were a kid?

●○○ Gentle

ROOTS 05

Who was the toughest person in our family, and what made them that way?

●○○ Gentle

ROOTS 06

EVERYONE

What's a family saying about health? “Feed a cold…”, “An apple a day…”

●○○ Gentle

© Your Body, Decoded · yourbodydecoded.org · Personal use only

ROOTS 07

Who lived the longest in our family? What do you think their secret was?

●○○ Gentle

ROOTS 08

Which home remedy did your mother or grandmother swear by?

●○○ Gentle

ROOTS 09

Which relative would you love to have one more dinner with? Why?

●○○ Gentle

ROOTS 10

What's the most serious illness or accident you remember from your childhood?

●●○ Personal

ROOTS 11

Did our family talk openly about being sick, or not at all?

●○○ Gentle

ROOTS 12

What's something about our family's past you've always wondered about?

●○○ Gentle

© Your Body, Decoded · yourbodydecoded.org · Personal use only

AT THE TABLE 01

EVERYONE

What was on the table at big family holidays when you were young? Who cooked it?

●○○ Gentle

AT THE TABLE 02

Which family recipe must never be lost, and who makes it best?

●○○ Gentle

AT THE TABLE 03

Did anyone in the family have a special diet, or a food they couldn't eat? Why?

●○○ Gentle

AT THE TABLE 04

How much did people move back then: farm work, walking to school, sports?

●○○ Gentle

AT THE TABLE 05

Who smoked in our family? Did anyone quit, and how did they do it?

●○○ Gentle

AT THE TABLE 06

What did the grown-ups drink at family gatherings? Did anyone have to stop?

●●○ Personal

© Your Body, Decoded · yourbodydecoded.org · Personal use only

AT THE TABLE 07

Who snored like a freight train? Who was always tired, even after a full night?

●○○ Gentle

AT THE TABLE 08

Who was the family's “health nut”? Were they right after all?

●○○ Gentle

AT THE TABLE 09

Which habit from your parents do you still have, good or bad?

●○○ Gentle

AT THE TABLE 10

What did people in our family do when they were stressed or sad?

●●○ Personal

AT THE TABLE 11

If you could change one habit our family passed down, which would it be?

●○○ Gentle

AT THE TABLE 12

Which habit do you hope the youngest people at this table pick up?

●○○ Gentle

© Your Body, Decoded · yourbodydecoded.org · Personal use only

HEALTH STORIES 01

Who in our family stayed healthy into old age? What do you think helped?

●○○ Gentle

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 02

Which checkups or screenings do you go to every year? Has one ever caught something early?

●○○ Gentle

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 03

Who has high blood pressure, high cholesterol or diabetes (“sugar”)? Since what age?

●○○ Gentle

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 04

Has anyone in our family had heart trouble: a heart attack, a stent, a bypass?

●●○ Personal

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 05

Has anyone had a stroke, or a “mini-stroke” that passed in a few minutes or hours?

●●○ Personal

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 06

Has anyone fainted during exercise, or been told they have a heart rhythm problem?

●●○ Personal

Who? · How old? · Which side?

Scan to note it

© Your Body, Decoded · yourbodydecoded.org · Personal use only · 6/10

HEALTH STORIES 07

Did anyone have memory problems as they got older? When did it start?

●●○ Personal

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 08

Is there anything that "runs in the family" that nobody talks about: thyroid, gut, eyes, bones, kidneys?

●●○ Personal

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 09

Has anyone had cancer? What kind, exactly?

●●○ Personal

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 10

OPTIONAL · BEST ONE-ON-ONE

Did anyone have problems in pregnancy, such as high blood pressure ("toxemia") or diabetes?

●●● Deep · optional

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 11

OPTIONAL · BEST ONE-ON-ONE

Did anyone in the family die younger than expected, or without a clear reason?

●●● Deep · optional

Who? · How old? · Which side?

Scan to note it

HEALTH STORIES 12

OPTIONAL · BEST ONE-ON-ONE

Has anyone in the family lived with low moods, worry or drinking? Share only what's yours to share.

●●● Deep · optional

Who? · How old? · Which side?

Scan to note it

© Your Body, Decoded · yourbodydecoded.org · Personal use only · 7/10

WISDOM & WISHES 01

What do you know now about health that you wish you'd known at 30?

●○○ Gentle

WISDOM & WISHES 02

What's one checkup or test you're glad you didn't skip?

●○○ Gentle

WISDOM & WISHES 03

What advice would you give the youngest person at this table?

●○○ Gentle

WISDOM & WISHES 04

If our family had a health motto, what would it be?

●○○ Gentle

WISDOM & WISHES 05

Who in our family takes care of everyone else? How could we help them?

●○○ Gentle

WISDOM & WISHES 06

Is there something about your health you'd like the family to know, so we can help?

●●○ Personal

© Your Body, Decoded · yourbodydecoded.org · Personal use only

WISDOM & WISHES 07

Whose health story changed the way you live?

●●○ Personal

WISDOM & WISHES 08

What would you love to still be able to do at 85?

●○○ Gentle

WISDOM & WISHES 09

EVERYONE

What are you most grateful your body can still do this year?

●○○ Gentle

WISDOM & WISHES 10

EVERYONE

What's one small healthy thing we could do together as a family this year?

●○○ Gentle

WISDOM & WISHES 11

If you could write one line in the family health record, what would it say?

●○○ Gentle

WISDOM & WISHES 12

Who should we call this week to ask the questions nobody could answer tonight?

●○○ Gentle

© Your Body, Decoded · yourbodydecoded.org · Personal use only



What Runs in Our Family?

YOUR BODY, DECODED



What Runs in Our Family?

YOUR BODY, DECODED



What Runs in Our Family?

YOUR BODY, DECODED



What Runs in Our Family?

YOUR BODY, DECODED



What Runs in Our Family?

YOUR BODY, DECODED



What Runs in Our Family?

YOUR BODY, DECODED

© Your Body, Decoded · yourbodydecoded.org · Personal use only