



ROOT CAUSES. RAPID RESULTS.™

EMF Assessment & Meter Readings

SELF ASSESSMENT

EMF Assessment & Meter Readings

Modern life tech is not designed to support healing. We can reclaim our resilience by removing common irritants from the home that disrupt our bodies' ability to maintain themselves. Let's see where you're starting, so you can turn your home into a healing sanctuary!

LIGHTING

Our sources of light affect our circadian rhythms.

Never = 0 Yes - day use only = 1 Yes day + night = 3

Do you use CFL bulbs in the house?	☐
Any LED lights?	☐
Dimmer Switches?	☐

EMF: RADIATION

No = 0 Yes - just 1 = 1 Yes - multiple = 3

Wifi router?	☐
Do you have smart meters for power or water?	☐
Do you have Alexa?	☐
Nest or other wireless HVAC?	☐
Ring or other wireless security?	☐
Smart TVs?	☐
Wireless speakers?	☐
"Smart" kitchen appliances?	☐
"Smart" household appliances? Roomba, laundry, etc.	☐
"Smart" office appliances? Printer etc.	☐



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PRIMARY BEDROOM READINGS

No = 0 Yes = 3

	Body Voltage with Circuits On	Body Voltage with All Circuits Off	Mitigating Circuits	Dirty Electricity with Circuits On	Wireless (RF)
Bed - left side	☐	☐	☐	☐	☐
Bed - right side	☐	☐	☐	☐	☐
General room info	☐	☐	☐	☐	☐

PRIMARY BEDROOM ELEMENTS

No = 0 Yes = 3

Do you have an electronic bed? Sleep number, etc	☐
Metal bed frame?	☐
Synthetic mattress?	☐
Smart electronics in the bedroom?	☐

List the electronics and smart devices in the Primary Bedroom

BEDROOM 2 READINGS

No = 0 Yes = 3

	Body Voltage with Circuits On	Body Voltage with All Circuits Off	Mitigating Circuits	Dirty Electricity with Circuits On	Wireless (RF)
Bed - left side	☐	☐	☐	☐	☐
Bed - right side	☐	☐	☐	☐	☐
General room info	☐	☐	☐	☐	☐

BEDROOM 2 ELEMENTS

No = 0 Yes = 3

Do you have an electronic bed? Sleep number, etc	☐
Metal bed frame?	☐
Synthetic mattress?	☐
Smart electronics in the bedroom?	☐

Bedroom 2: List the electronics and smart devices.

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BEDROOM 3 READINGS

No = 0 Yes = 3

	Body Voltage with Circuits On	Body Voltage with All Circuits Off	Mitigating Circuits	Dirty Electricity with Circuits On	Wireless (RF)
Bed - left side	☐	☐	☐	☐	☐
Bed - right side	☐	☐	☐	☐	☐
General room info	☐	☐	☐	☐	☐

PRIMARY BEDROOM ELEMENTS

No = 0 Yes = 3

Do you have an electronic bed? Sleep number, etc	☐
Metal bed frame?	☐
Synthetic mattress?	☐
Smart electronics in the bedroom?	☐

Bedroom 3: List the electronics
and smart devices.

OFFICE 1 READINGS

No = 0 Yes = 3

	Body Voltage with Circuits On	Body Voltage with All Circuits Off	Mitigating Circuits	Dirty Electricity with Circuits On	Wireless (RF)
Bed - left side	☐	☐	☐	☐	☐
Bed - right side	☐	☐	☐	☐	☐
General room info	☐	☐	☐	☐	☐

Office 1: List the electronics and smart devices.

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OFFICE 2 READINGS

No = 0 Yes = 3

	Body Voltage with Circuits On	Body Voltage with All Circuits Off	Mitigating Circuits	Dirty Electricity with Circuits On	Wireless (RF)
Bed - left side	☐	☐	☐	☐	☐
Bed - right side	☐	☐	☐	☐	☐
General room info	☐	☐	☐	☐	☐

Office 2: List the electronics and smart devices.

EXTERIOR

No = 0 Yes = 3

Do you have a smart meter?	☐
Is your home within 50 feet of other homes?	☐

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SECONDARY AREAS:

No = 0 Yes = 3

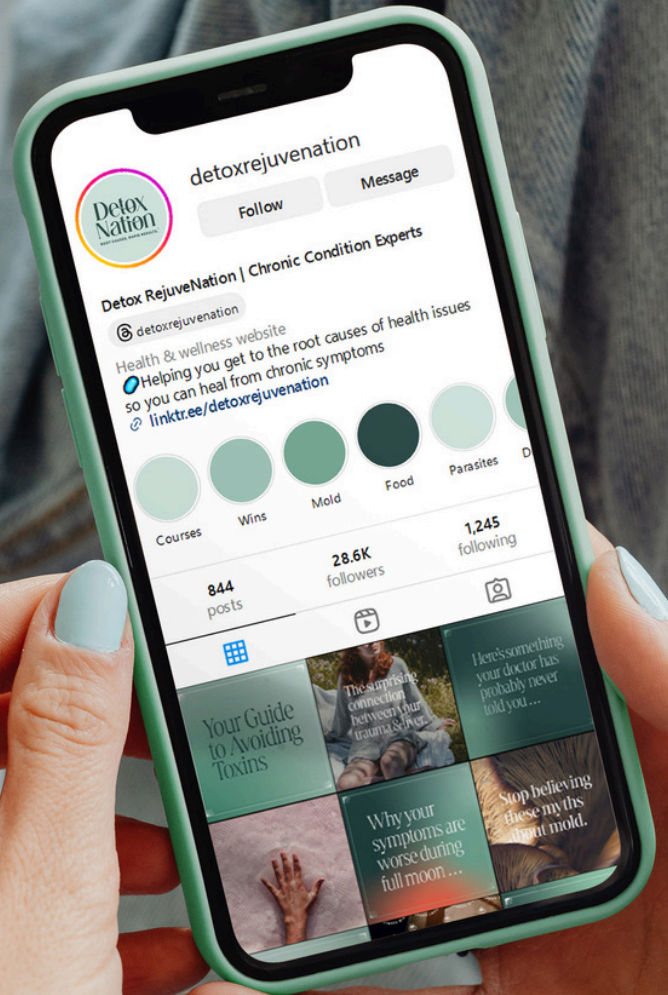
Living Room, Den, Dining Room, Kitchen, Play Room, etc.

Room name & dimensions	Description	Body Voltage with Circuits On	Mitigating Circuits	Dirty Electricity	Wireless (RF)
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐
		☐	☐	☐	☐

Any other devices or concerns that have not been listed yet?

Learn more about your root causes:

- SUBSCRIBE TO THE PODCAST
- FOLLOW US ON INSTAGRAM
- BOOK A CALL FOR 1:1 SUPPORT



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Host of Your Health Reset

Want to learn more about next steps?



Check out our group programs page to learn more about Rapid Gut Reset, Rapid Liver Reset, Inner Circle, practitioner mentorship programs, and more!

[CLICK HERE!](#)