

Verify Everything + Answer My Questions

Built for Anthony · June 13, 2026 · the four pillars: Exercise · Food · Skin · Vitamins

TL;DR

- Below is everything you sent me (gym, supplements, skincare), written back so you can **check I got it right**.
- Each section has a box to fix anything I misread, plus the specific questions I still need answered.
- The biggest open finding: your acne is likely driven by **too many products used inconsistently + hair product on your hairline**, not too few products.
- Supplements have real **overlap** (Blueprint blend duplicates your D3/zinc/magnesium/omega-3; turmeric from 3 sources). We'll trim, not add.
- Fill what you can, tap **Copy My Answers** at the bottom, paste it back to me in #health. Your typing auto-saves on this page.

MY OBJECTIVE

Clear my acne and build a body and routine I can sustain for life, without extremes.

Clear my face. Get the acne gone.

Copy My Answers

Clear the form

The real goal: a long life I can actually enjoy. Stay mobile, keep walking, never need a wheelchair, and not get exhausted living my life.

North star: **healthspan, not just lifespan.** Lean, clear, energetic and mobile for decades, the simple and sustainable way.

Nothing here changes your protocol. This is the intake. Once you verify and answer, I build your Exercise + Food + Skin + Vitamins plan and the full assessment.

1. Verify what I captured

Read each list. If anything is wrong or missing, type the fix in the box under it.

Home gym

Rep PR-5000 power rack (3x3 11-ga, 1,000 lb, built-in pull-up bar)

2 Rep Athena functional trainers one each side of the rack, plate-loaded cables

Titan 2-in-1 leg press / hack squat 1,000 lb

Rep AB-4100 adjustable bench · landmine

Bars: Olympic barbell · CAP trap/hex bar

Cable attachments: lat bar, straight bar, tricep rope, 2 D-handles, close-grip V-handle

Bowflex SelectTech dumbbells ~5 to 52.5 lb each · kettlebell(s) 35 lb

Plates: ~460 lb total (two sets of 2x45 / 2x35 / 2x25 / 2x10)

Cardio: spin bike · MaxiClimber XL · Renpho smart jump rope · weighted vest (20-40 lb)

Recovery: Clearlight Sanctuary 3 full-spectrum infrared sauna · ab wheel

Gym: anything wrong or missing?

Leave blank if it's all correct.

e.g. the kettlebell is actually 30 lb, I also have...

Supplements

Daily AM: BPN creatine 5g · Kirkland D3 2,000 IU · Kirkland fish oil · Pure zinc 30 · turmeric 2,250mg

Daily PM / sleep: magnesium glycinate · Magtein magnesium L-threonate · apigenin · ashwagandha · glycine · melatonin 1mg

Occasional: melatonin 6mg SRT (every 1-2 wks, new) · H2TAB hydrogen tablets

Liver: Gaia Herbs Liver Cleanse (milk thistle) 3-4x/wk

Blueprint: protein (plant-based) · Longevity Mix (blood orange + pineapple)

Heads up: the Blueprint Longevity Mix already contains vitamin D, zinc, magnesium and omega-3, so you may be double-dosing on top of your singles. And turmeric shows up in 3 places (standalone + liver pill + Blueprint). I'll reconcile the real totals once you confirm what's truly daily.

Supplements: anything wrong or missing? Which are truly daily vs occasional?

Tell me anything I mislabeled.

e.g. I only take the Blueprint mix 3x a week, the H2TAB is daily, ...

Skincare / acne

Cleansers: CeraVe Foaming (AM) · alternates nightly: CeraVe Acne Control 2% SA / Obagi 2% SA wash / PanOxyl 4% BPO wash

Leave-on actives: Obagi salicylic 2% · Obagi CLENZIderm BPO · Raya glycolic · De La Cruz 10% sulfur · ZO clearing masque (unused)

Exfoliants: ZO exfoliating cleanser (~biweekly) · ZO polish (~monthly) · cleansing brush

Devices: Cell Return LED mask (blue+red) · SolaWave wand · COSRX hydrocolloid patches

Sun/moisture: EltaMD UV Clear SPF46 (face) · CeraVe mineral SPF50 (neck) · EltaMD PM Restore

Hair near hairline: Fix Your Lid fiber · Harry's Taming Cream · Native lotion (scented) · Lubriderm

My read: 12+ acne actives used reactively is likely making it worse, not better, and hair product on the hairline ("pomade acne") is a prime suspect. The fix is fewer products used consistently. Don't buy anything new yet.

Skincare: anything wrong or missing?

optional

2. Quick confirms

Short answers. These close the gaps in what you already sent.

Plates: is it two matching sets, each 2x45 / 2x35 / 2x25 / 2x10 (~460 lb total)?

yes / or correct me

Straight barbell: standard 45 lb Olympic bar?

yes / weight if different

Two magnesiums (glycinate + L-threonate): do you take both together at night, or alternate?

both nightly / alternate / ...

Red light: a separate red-light panel, or just the sauna's built-in color therapy?

separate panel / sauna only

3. The questions I need for your plan

This is the new info. The more you fill, the sharper the plan. Skip anything you don't know.

Body

Height

e.g. 5'9"

Current weight

lbs

Rough body fat % (best guess is fine)

e.g. ~18%

Goal: what does success look like in 6 months?

e.g. 165 lb at 10%, less waist fat, clear skin.

Food

Walk me through a typical day of eating

breakfast, lunch, dinner, snacks, drinks.

Dairy intake?

milk, cheese, yogurt, whey. Matters for acne.

None / rare

Some

Daily

Lots

Sugar / processed food / fast food: how often?

e.g. dessert most nights, fast food 2x/wk

Water per day, and caffeine (coffee, yerba mate)?

e.g. ~60oz water, 2 coffees, yerba 3x/wk

Alcohol?

e.g. 2-3 drinks/week

Sleep & stress

Hours of sleep a night, and how's the quality?

e.g. 6.5 hrs, wake up once

Stress level lately?

Low

Moderate

High

Energy through the day (steady, afternoon crash, etc.)?

Skin / acne

When did the acne start or get worse, and where on your face is it worst?

e.g. flared ~2 months ago, mostly forehead and jaw

Any pattern you've noticed (stress, certain foods, after the gym, products)?

Training

How many days a week can you realistically train, and at what time?

e.g. 4 days, mornings ~7am

Shoulder (pinched nerve): current status, and have you seen a specialist yet?

e.g. still flares overhead, no specialist yet

Cardio you'll actually do?

Post-meal walks

Spin bike

Climber

Jump rope

Weighted-vest walks

Goals — rank 1 (most) to 6 (least)

Build muscle

Lose fat / waist

Clear acne

More energy

Better sleep

Longevity / healthspan

Bloodwork & anything else

Do you have recent blood work? Can you upload it to #health?

e.g. yes from Jan, will upload / none recent

Any medications, conditions, allergies, or other injuries I should know?

Anything else on your mind about your health?

4. What I still need from you

These are the pieces I can't infer. The plan gets sharper with each one.

1. Blood work. Upload your latest labs to #health (photo or PDF). If nothing in the last 12 months, book a panel. It's the one thing I genuinely can't guess.

2. Allergy test results. Upload them too. Food allergies or sensitivities can drive both skin flare-ups and gut/energy issues, so this directly informs the acne plan and the food plan.

3. Access to your health data. So I track trends instead of guessing. Tell me which you use, then log in to the ones you want me to pull: wearable (Apple Watch / Oura / Whoop / none?) for sleep + heart rate + steps · smart scale for weight + body-fat trend · Renpho jump-rope app · a food tracker (MyFitnessPal, etc.) · the sauna app.

4. A few days of honest food logging. Even just photos of what you eat for 3-4 days. Diet drives both the acne and the energy, so this is high-value.

5. A baseline face photo (optional). Lets me track acne progress over the 8-week reset. Only if you're comfortable.

6. The two setups we scoped. Your private "Health for Claude" YouTube playlist + the weekly health-email loop. Say go and I build them.

7. This form, filled in and sent back (the Copy button below).

Where it all lives: everything here feeds your Health hub (the Health tab on your Family Hub) so your plan, your protocol, and your tracking sit in one place you check daily. That's the "health app" you asked for, and it's mostly already built.

