

How would I rate my health & energy right now?

COMPLETE THIS QUESTIONNAIRE THEN ADD UP YOUR SCORES.

1=disagree and 5=agree

HEALTH SCORE

Tired most of the time	Overweight	Prone to hormonal symptoms	Suffering from dark circles or bags under your eyes
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Suffering from poor memory or concentration	Often feeling anxious or stressed	Very dry skin in need of daily moisturisers	Often constipated (you rarely go once a day)
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
Difficulty sleeping	Low or depressed	Prone to indigestion or bloating after food	
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

What's your score? Ideal score: 15 or less

In which areas do you score the highest? - Use this information to set your health goals

ENERGY & BLOOD SUGAR CONTROL SCORE

1=disagree and 5=agree

I often have mood swings or difficulty concentrating	I get dizzy or irritable if I go 4 to 6 hours without food	I often over-react to stress	I often crave something sweet or coffee after meals
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
I have less energy than I used to have	I often feel too tired to exercise	I am gaining weight and/or finding it harder to lose weight	I often have energy slumps during the day or after meals
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	1 2 3 4 5
I still feel tired 20 minutes after getting up	I need tea, coffee, a cigarette, or something sweet to get me going	I often crave chocolate, sweet foods, bread, cereal or pasta	
1 2 3 4 5	1 2 3 4 5	1 2 3 4 5	

What's your score? Ideal score: 15 or less

In which areas do you score the highest? - Use this information to set your health goals