GOALS

What are your primary goals for this program? Weight loss? More energy? Improved eating habits? Writing goals down is a great way for you to stay motivated during this program.

1) _____

_____

2) _____

_____

3) _____

_____

WHOLE-BODY SYMPTOM ANALYSIS

Weight: _____

Waist Circumference: _____

BF%: _____

Overweight? _____

How far from goal weight? _____

How long at current weight? _____

Trying to lose or gain weight in the past 6 months? _____

Exercise program? _____

Other: _____

_____

Answer the following questions as they apply to you in the last 90 days.

How often do you experience the following:
1=Never 2=Rarely 3=Often 4=Always

Weight Management

_____ Extreme or compulsive hunger

_____ Binge eating or drinking

Head, Eyes, Ears

_____ Headache
_____ Blurred Vision
_____ Ear Infections

_____ Migraine
_____ Dark circles, puffy bags under eyes

Upper Respiratory

_____ Nasal Congestion
_____ Sore throat/Cough
_____ Upper Respiratory allergy symptoms

_____ Chest pain
_____ Sinus infection, congestion
_____ Shortness of breath
_____ Asthma

Joint and Muscle

_____ Muscle pain
_____ Fracture, break, or strain

_____ Joint pain or stiffness

Gastrointestinal

_____ Nausea
_____ Constipation
_____ Blood in stool
_____ Food sensitivity symptoms

_____ Loose stools/diarrhea
_____ Flatulence, gas, abdominal cramping

Bladder/Kidneys

_____ Painful urination
_____ Blood in urine

_____ Frequent urination

Answer the following questions as they apply to you in the last 90 days.

How often do you experience the following:
1=Never 2=Rarely 3=Often 4=Always

Skin

_____ Dry or cracked skin
_____ Acne or break outs
_____ Excessive sweating, night sweats
_____ Rashes, hives, or itchy skin

Mental Well-Being

_____ Depression or mood swings
_____ Decreased memory, foggy thinking
_____ Ongoing fatigue
_____ Anxiety
_____ Hyperactivity
_____ Sleep Disturbances

TOTAL SCORE: _____

Total scores higher than 70 or high scores in one particular area may be indicative of an underlying healthcare condition that requires more intense treatment.