



Health
check

- Very good
- Good
- Normal
- Not good

Health Assessment

28 Day Reset Diet

Week 1 Health Assessment

DO YOU CURRENTLY OR HAVE EXPERIENCED IN THE PAST 6 MONTHS:

Part A

- _ Anxious or nervous, can't stop worrying about things not in your control?
- _ Feeling tired and wired?
- _ Difficulty falling asleep or interrupted sleep?
- _ Difficulty calming down before bedtime or get a second wind before bedtime?
- _ Weight gain, especially around the middle and love handles?
- _ Muscle weakness?
- _ Constantly doing something, can't be still?
- _ Indigestion, ulcers, GERD?
- _ Shakiness between meals, low blood sugar?
- _ High blood sugar, pre-diabetes?
- _ High blood pressure or rapid heart beat?
- _ Sugar cravings and desire for sweets after each meal?
- _ Bone loss, osteopenia, osteoporosis?
- _ Skin condition: eczema or thin skin?
- _ Brain fog, forgetfulness, feel distracted?
- _ Frequent yelling, screaming, rage or easily agitated?
- _ Low thyroid function?
- _ Decreased fertility?
- _ Irregular menstrual cycles?
- _ Poor immune function, get sick more often?
- _ Taking longer to recover from workouts or injuries than in the past?
- _ Sudden pink or purple stretch marks on belly or back?

Total Scores with yes: Before: _____ After: _____

Part B

- _ Salt cravings?
- _ Low blood sugar?
- _ Excessive sweating?
- _ Asthma? Allergies? Bronchitis? Chronic cough?
- _ Difficulty recovering from illness, surgery and slow wound healing?
- _ Muscle weakness, especially around the knee? Joint or muscle pain?
- _ Hemorrhoids or varicose veins?

- _ Nausea, diarrhea or vomiting?
- _ Alternating constipation and loose stools?
- _ Bruise easily and blood tends to pool easily?
- _ Thyroid problems that get better and then feel palpitations or rapid or irregular heartbeats (usually a sign of low cortisol/low thyroid combination)?
- _ Crying for no reason?
- _ Need coffee to get going?
- _ Feel burnt out and fatigue (fall asleep while watching a movie or while reading)?
- _ Exhausted after workouts?
- _ Feel dizzy after standing from a seated position or lying down position?
- _ Loss of stamina, especially in the later afternoons, 2pm - 5pm?
- _ Chronically negative?
- _ Difficulty fighting off infection (you get every virus thats going around, especially the respiratory tract)?
- _ Dark circles under your eyes?
- _ Difficulty solving problems-use to be easier?
- _ Low blood pressure
- _ Insomnia or difficulty staying asleep, especially between 1 am - 4am?
- _ Less tolerant?
- _ Feeling stressed most of the time (everything seems harder than before and you have trouble coping)?

Total Scores with yes: Before: _____ After: _____