



Is your body functioning at its best?...



Rank your symptoms, 1 = Good and 5 = Poor

Symptoms	Start	Week 1	2	3	4	5	6	7	8	9	10	11	12
General Digestion													
Bloating / Flatulence													
Reflux / Acidity													
Bowel Movements (daily)													
Energy Levels													
Fatigue (Physical)													
Fatigue (Mental)													
Cognition													
Sleep Quality													
Stress Levels													
Muscularskeletal / Joint Pain													
Skin Health													
Headaches / Migraine													
Infection													
Other													

Small steps to a healthier you

