

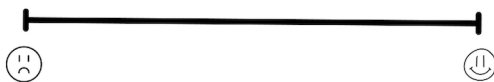
A Week in the Life: Happy Juice

WEEK: _____

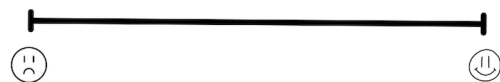
Current Symptoms of an unhealthy gut:

- bloating after meals
- trouble sleeping
- irregular bowel movements
- skin issues
- mood disorders/extreme mood changes
- autoimmune issues/diseases
- hormone imbalance
- chronic fatigue
- chronic pain
- headaches
- food sensitivities
- other:

How happy are you?



How are your emotions?



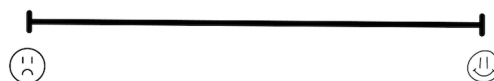
How is your sleep?



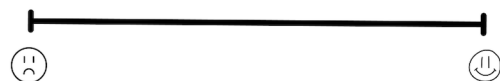
How is your brain fog?



How is your energy?



How does your stomach feel?



Notes: