

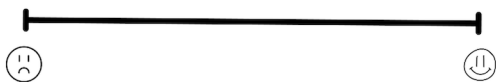
# A Week in the Life: Happy Juice

WEEK: \_\_\_\_\_

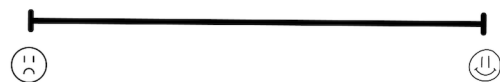
## Current Symptoms of an unhealthy gut:

- 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?**



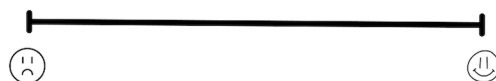
**How is your sleep?**



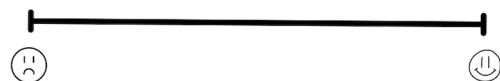
**How is your brain fog?**



**How is your energy?**



**How does your stomach feel?**



**Notes:**