



# A DAY IN THE LIFE

## Pre Happy Juice

Date: \_\_\_\_\_

### 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:

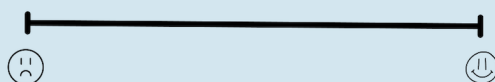
### How happy are you?



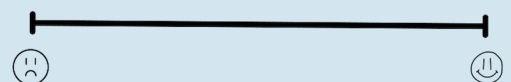
### How are your emotions?



### How is your sleep?



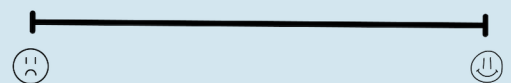
### How is your brain fog?



### How is your energy?



### How does your stomach feel?



### Notes: