

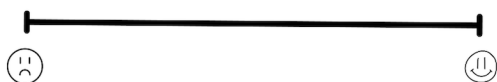
A Day in the Life: Pre Happy Juice

Date: _____

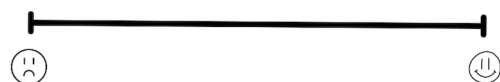
Current Symptoms of an unhealthy gut:

- 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?



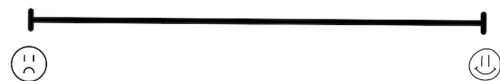
How are your emotions?



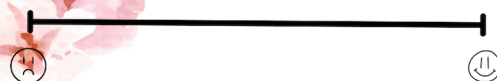
How is your sleep?



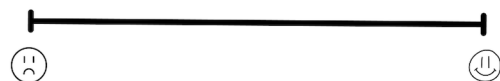
How is your brain fog?



How is your energy?



How does your stomach feel?



Notes:

A large rounded rectangular box with a black border, intended for writing notes. It contains a sad face icon (☹️) on the left and a happy face icon (😊) on the right.

