

Gut Health Self-Assessment Checklist *Discover what your symptoms are really trying to tell you.*



QUESTION 1: How often do you experience bloating or gas? *(Choose one)*

- A. Rarely
- B. A few times a week
- C. After most meals
- D. Every day, sometimes painfully so
Chronic gut imbalance likely



QUESTION 2: What's your bathroom routine like? *(Choose one)*

- A. Daily, regular, no issues
- B. Skips a day here or there, but not a big deal
- C. Prone to constipation, diarrhea, or alternating
- D. Digestive discomfort is a regular part of my life
Possible gut dysfunction



QUESTION 3: How would you describe your energy levels? *(Choose one)*

- A. Energized and steady
- B. Dips in the afternoon
- C. Fatigue most days
- D. Exhausted, even after sleep
Likely deep imbalance in gut or stress response



QUESTION 4: What about brain fog or focus? *(Choose one)*

- A. Clear and sharp
- B. Mild forgetfulness sometimes
- C. Trouble focusing, fog rolls in mid-day
- D. Feels like I'm in a constant haze
Likely chronic inflammation or toxin load



QUESTION 5: Do you feel emotionally reactive, anxious, or moody? *(Choose one)*

- A. Not really

- B. Occasionally, usually stress-related
- C. More often than I'd like
- D. Daily—my emotions feel hard to manage
Nervous system support needed



QUESTION 6: Do you suspect any underlying conditions? (Choose one)

- A. IBS or leaky gut
- B. Candida overgrowth
- C. Epstein-Barr or viral reactivation
- D. Autoimmune or hormonal imbalance
- E. None of these
Great! Stay proactive and preventive



QUESTION 7: What are you most interested in? (Choose one)

- A. Clean eating / meal plans
- B. Herbal remedies
- C. One-on-one support
- D. Self-paced courses and eBooks
You like to explore and learn at your pace



Your Results:

Use this assessment to observe patterns in your gut, energy, mood, and lifestyle.

If your answers leaned heavily toward B, C, or D—especially across multiple questions—it may be time to reset your gut and nervous system.

You don't have to figure it all out alone.



Want help identifying and clearing what's in your way?

Book a free 20-minute Gut & Lifestyle Consultation → [Book Now at theloveofgut.com](https://theloveofgut.com)

I'll help you identify the root cause of your symptoms and outline the next steps to restore your gut, energy, and peace of mind.

