



Name:

Birth Year:

To Score Each Item

1

3

5

Eating Health

- _____ A. Normal, Routine
- _____ B. Varied Protein Sources
- _____ C. Never Eat Junk Food
- _____ D. Good Daily Regimen
- _____ E. Typical Daily Planning

Under Eat, Weak Appetite
Low Protein
Occasional Junk Food
Some Good/Some Bad Days
Think/ Worry Too Much

Tendency to Overeat
High Protein (Meat daily)
Too Much Junk Food
No Daily/Weekly Routine
Do Not Think/ Plan Meals

Breathing Health

- _____ A. Mild/ Irregular Irritants
- _____ B. Plants in every room
- _____ C. Pristine Lungs
- _____ D. Daily Exercise Routine
- _____ E. Daily Meditation/ Practice

Occasional/Seasonal Allergies
Few Household Plants
Occasional Exposure
3-5x per week
Occasional w/ Exercise

Allergies/ Severe Asthmatic
No Plants Anywhere
Smoke/ Daily Exposure to fumes
Exercise 0-2 x per week
Breathing Exercises: What?!

Bathroom Health

- _____ A. Drinks 1.5-3 Liter Water Daily
- _____ B. Daily Elimination Routine
- _____ C. Just Right (smooth, floats)
- _____ D. Regular Urination/No incontinence

Drinks 4-12 Cups Water Daily
Frequent Elimination
Diarrhea
Infrequent/Mild Incontinence

Drinks No Water Daily
Elimination Irregular
Hard Stool / Small Pellets
Frequent / Incontinent

Sexual Health

- _____ A. Secure in Identity
- _____ B. More than Enough
- _____ C. Regular as Clockwork
- _____ D. Rare
- _____ E. Hormones: None/ minor if any

Exploring Identity
Average
Occasional Disruptions
Occasional
Few, Occasional Symptoms

Insecure Identity
Intimacy: Lacking
Irregular/Problematic
Symptoms: Problematic
Multiple Symptoms

(Symptoms can be related to PMS, Peri-menopause, and Menopause, or male hormone inadequacy; and can include: edema, bloating, headache, insomnia, night sweats, appetite issues, low testosterone, diabetes, vascular disease and others)

Sleeping Health

- _____ A. Vigilant Routine
- _____ B. Wake as Expected
- _____ C. Fall Asleep OK
- _____ D. Wake Up-Ready to Go
- _____ E. Never wakes up at night

Usual Wake & Sleep Routine
Heavy Sleeper (Hard to Wake)
Fall Asleep on Couch
Once Awake, OK
Wake 0-3x/night

No Routine
Light Sleeper (easily wakened)
Trouble Falling Asleep
Wake Up Exhausted
Restless/ Wake 4+ x/night