



Health
check

- Very good
- Good
- Normal
- Not good

Health Assessment

Week #2

28 Day Reset Diet

Week 2 Health Assessment

Hormones are the language of communication in the body.

When your hormones are off, you feel blah but you just can't pin point the problem.

DO YOU CURRENTLY OR HAVE EXPERIENCED IN THE PAST 6 MONTHS:

Part A

- Sugar cravings?
- Blood sugar ups and downs?
- Fatigue
- Overweight
- Waist to hip ratio is greater than 0.8 (divide waist measurement, smallest part above belly button, usually 1-2 inches by hip measurement, which include your buttocks and hips)
- Elevated triglyceride on lab tests (above 120)?
- High blood pressure (above 140/90)?
- Low HDL on lab tests?
- Fasting insulin levels above 5 mcU/ml (micro units per millilitre)?
- Elevated testosterone levels?
- Miscarriage?
- Dark patches often on the back of neck, groin, arm pits?

Total Scores with yes: Before: _____ After: _____

Part B

- Fatigue, especially mornings?
- Dry Skin?
- Hair loss, brittle and thinning hair, itchy scalp (all or one)?
- Loss of outer 1/3 of eyebrows?
- Cold hands and feet (even in the summer months)?
- Thin and brittle nails?
- Family history of thyroid issues?

- _ Feeling forgetful, brain fog, absent minded?
- _ Difficulty swallowing?
- _ Puffiness in face?
- _ Depression or moodiness?
- _ Constipation (0-1 bowel movements/day)?
- _ Elevated Cholesterol levels?
- _ Headaches that disappear by afternoon?
- _ Slow heart rate or bradycardia, less than 60 minutes beats/minute (the exception is if you're a seasoned athlete)?
- _ Lethargic (you feel blah)?
- _ Weight gain and you just can't lose it?
- _ Fluid retention/swollen ankles?
- _ Tingling in hands or feet?
- _ Decreased sweating?
- _ Heavy periods, menstrual problems (PMMD, PMS)?
- _ Infertility or miscarriage?
- _ Body aches (e.g. muscle aches, joint aches) feeling old but you're young?
- _ Enlarged thyroid (goiter)?
- _ Low libido (sex drive)?
- _ Feeling cold most of the time?
- _ Slow speech?
- _ Enlarged tongue?

Total Scores with yes: Before: _____ After: _____