



Health
check

- Very good
- Good
- Normal
- Not good

Health Assessment

Week 3

28 Day Reset Diet

Week 3 Health Assessment

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

Part A

- Weight gain mostly hips, thighs and mid-section
- Change in periods, very irregular
- Worsening of PMS
- Non-cancerous breast lumps, fibrocystic lumps
- Uterine fibroids
- Fatigue
- Decrease sex drive
- Anxiety & panic attacks
- Depression
- Bloating
- Breast swelling & tenderness
- Headaches
- Hair loss
- Cold hands or feet
- Trouble sleeping
- Memory problems
- Sleepiness

Total Scores with yes: Before: _____ After: _____

Part B

- _ Infrequent or disrupted periods
- _ Hot flashes
- _ Night sweats
- _ Sleep issues
- _ Decreased sex drive
- _ Mood swings
- _ Decrease moisture (dry eyes, skin, vagina)
- _ Lack luster hair
- _ Menstrual migraines
- _ Painful sex
- _ Increased urinary tract infections
- _ Headaches
- _ Fatigue
- _ Trouble concentrating
- _ Wrinkles
- _ Sagging breast and less full
- _ Increase injuries to joints most common back, knee, wrist, shoulder
- _ Increase joint pain

Total Scores with yes: Before: _____ After: _____

Part C

- _ Breast tenderness
- _ Bloating
- _ Body aches
- _ Headaches (cyclical before period)
- _ Irritability
- _ Depression
- _ Anxiety
- _ Insomnia
- _ Decrease sex drive
- _ Low body temperature
- _ Sugar cravings
- _ Poor sleep
- _ Painful periods
- _ PMS
- _ PMMD
- _ PCOS
- _ Ovarian cysts
- _ Blood clots during menstruation
- _ Recurrent 1st trimester miscarriage

Total Scores with yes: Before: _____ After: _____