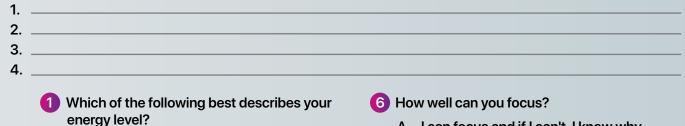


## QUESTIONNAIRE FOR FOUNDATIONAL WELLNESS

## What are top 4 areas of concern you would like to address the most:



- A. I wake feeling refreshed always
- B. It's hit-or-miss
- C. I rarely have enough energy
- 2 What would you say best describes your nightly sleep?
  - A. I regularly enjoy peaceful slumber
  - B. I struggle to drift off
  - C. I have difficulty maintaining restful nights of quality shuteye
  - D. What is sleep?
- 3 Do you feel rested when you wake up in the morning?
  - A. Yes, I am ready to start my day!
  - B. Sometimes but not every day.
  - C. Never, I need more sleep.

4 How often do you feel body aches?

- A. Never
- B. Some days
- C. Most days
- D. Every day
- 5 How often do you feel good (emotionally/physically)?
  - A. I feel fantastic almost all the time!
  - B. I am getting better every day!
  - C. Sometimes, I feel blah.
  - D. There are more days feeling bad than good.

- A. I can focus and if I can't, I know why.
- B. Some days I have a hard time focusing, but not every day.
- C. Most days I have a difficult time focusing.
- 7 How often do you feel overwhelmed?
  - A. Never, bring it on!
  - B. Sometimes, if I have too much on my plate.
  - C. Always, I need help!
- 8 How often do you feel sad or in a bad mood?
  - A. Never
  - B. Only sometimes
  - C. Often
  - D. Daily
- 9 How often do you experience reactivity to food/environmental triggers?
  - A. Never
  - B. Only seasonal
  - C. I have to avoid a lot of foods/triggers most of the time
  - D. I am not sure what my triggers are
- 10 How would you rate your overall health for your age group?
  - A. Top of my game!
  - B. Better than most >50%
  - C. Average 50%
  - D. Less than average <50%



## QUESTIONNAIRE FOR FOUNDATIONAL WELLNESS

11 How is your digestion?	15		
<ul> <li>A. Never better</li> <li>B. Could use some support</li> <li>C. I'll take all the support I can get</li> <li>12 How often do you feel that your immune system would benefit from additional support?</li> </ul>	A B C D		
		A. All the time	
		B. Sometimes	16
		C. Not often	
13	A		
	B		
	C		
A	D		
В	-		
C	-		
D	-		
14	-		
A	-		
В	-		
C	-		
D	_		