



Effective Health Solutions

NURTURE YOUR MIND
NOURISH YOUR BODY
HEAL YOUR LIFE

What is your health & blood sugar score?

COMPLETE THIS QUESTIONNAIRE THEN ADD UP YOUR SCORE.

HEALTH SCORE

Tired most of the time 1 2 3 4 5	Overweight 1 2 3 4 5	Prone to hormonal symptoms 1 2 3 4 5	Suffering from dark circles or bags under your eyes 1 2 3 4 5
Suffering from poor memory or concentration 1 2 3 4 5	Often feeling anxious or stressed 1 2 3 4 5	Very dry skin in need of daily moisturisers 1 2 3 4 5	Often constipated (you rarely go once a day) 1 2 3 4 5
Difficulty sleeping 1 2 3 4 5	Low or depressed 1 2 3 4 5	Prone to indigestion or bloating after food 1 2 3 4 5	

What's your score?
Ideal score: 14

In which areas do you score the highest? - Use this information to set your health goals

ENERGY & BLOOD SUGAR CONTROL SCORE

I often have mood swings or difficulty concentrating 1 2 3 4 5	I get dizzy or irritable if I go 4 to 6 hours without food 1 2 3 4 5	I often over-react to stress 1 2 3 4 5	I often crave something sweet or coffee after meals 1 2 3 4 5
I have less energy than I used to have 1 2 3 4 5	I often feel too tired to exercise 1 2 3 4 5	I am gaining weight and/or finding it harder to lose weight 1 2 3 4 5	I often have energy slumps during the day or after meals 1 2 3 4 5
I still feel tired 20 minutes after getting up 1 2 3 4 5	I need tea, coffee, a cigarette, or something sweet to get me going in the morning 1 2 3 4 5	I often crave chocolate, sweet foods, bread, cereal or pasta 1 2 3 4 5	

What's your score?
Ideal score: 16