

PERSONAL HEALTH ASSESSMENT CHART – Health Snapshot

The Health Snapshot will be an important tool in tracking your progress. You will fill one out each week during the Challenge. This is for your personal information only, and is designed as a point of reference to look back at the end of each week of drinking Kombucha.

DATE: _____ WEIGHT: _____ OVERALL FEELING: _____

Next to each item that applies to you indicate on a scale of 1-10 the severity with which you experience this symptom. Indicate frequency if it applies. Make any notes that will be helpful for you.

CHALLENGES / HEALTH ISSUES ASSESSMENT

1. Low Energy _____	11. Low Blood Sugar (Hyperglycemia) _____
2. Lack of vitality (low endurance level, energy crashes, etc.) _____	12. Poor concentration / Lacking in mental clarity _____
3. Skin problems (dry, itchy, acne, rashes, etc.) _____	13. Low Blood Pressure _____
4. Headaches – how often? _____	14. High Blood Pressure (Hypertension) _____
5. Memory lapses – frequency? _____	15. Emotional Instability (highs and lows) _____
6. Aching joints _____	16. Handle stress poorly _____
7. Cramps in muscles _____	17. Depression _____
8. PMS, Cramps, Menstrual problems _____	18. High alcohol consumption _____

9. Use pain killers – frequency?

10. High Blood Sugar (Diabetic)

21. Allergies (pets, food, plants, etc.)

22. Poor immune system

23. Difficulty getting up in the morning

24. Difficulty falling asleep

25. Difficulty sleeping throughout the night (Insomnia)

26. Heartburn or Acid Indigestion

27. Constipation

28. Bad Breath

29. Cold Hands or Feet

30. Temperature Sensitivity

19. High coffee consumption

20. Frequent colds & congestion

31. Dry or Brittle Nails

32. Dull, Thinning or Graying Hair

33. Overweight / Underweight (circle one)

34. Craving for Carbohydrates

35. Digestive problems (Acid Reflux, Burping, Belching)

36. Strong desire for chocolates/sweets

37. Shortness of Breath / Poor Oxygenation

38. High Cholesterol

39. Cuts and Bruises Heal Slowly

Is there anything else you wish to add?

After filling in your personal health assessment (make sure you take a few days to record all challenges – it’s amazing how one forgets the subtle changes over time), file it in a safe place or add to your Challenge binder.

** This information is for educational purposes and is neither designed nor intended to diagnose, treat, cure or prevent any disease.*