

On a scale of 1-5, you're going to rank where you currently are.

1	2	3	4	5
DIGESTION				
Constipation/ Diarrhea Weekly	—	Bloating and gas often	—	Have a solid & smooth BM 1-2/day
PERSONAL RECORDS (PRS IN THE GYM / TRACK / HOME WORKOUT)				
Workouts feel harder without changing routine	—	—	—	Able to increase weights or decrease mileage time
ENERGY LEVELS				
Can't keep your head up	—	—	—	Energizer bunny!
WELL-BEING / MOOD / MENTAL HEALTH				
Cranky, Angry, Sad	—	—	—	Upbeat, positive, content
HAIR / SKIN / NAILS				
Hair falling out, nails breaking, skin broken out	—	—	—	Strong hair and nails, clear skin
BODY IMAGE / SELF CONFIDENCE				
No matter what you wear "nothing looks good"	—	—	—	Grateful for what your body can do for you
YOUR RELATIONSHIP WITH FOOD				
Can't be around food without feeling anxious	—	—	—	Eat based off your wants and needs, without guilt