

**Name:**

**Date:**

# How healthy and energetic do you feel?

## Health

## Energy & Blood Sugar Control

	Disagree.....Agree				
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 poor memory and concentration	1	2	3	4	5
Low or depressed	1	2	3	4	5
Plagued by dry skin in need of daily moisturisers	1	2	3	4	5
Having difficulty sleeping	1	2	3	4	5
Often feeling anxious or stressed	1	2	3	4	5
Prone to indigestion or bloating after food	1	2	3	4	5
Often constipated (you rarely go twice a day)	1	2	3	4	5
Suffering from dark circles or bags under your eyes	1	2	3	4	5

	Disagree.....Agree				
I still feel tired 20 minutes after getting up	1	2	3	4	5
I need tea, coffee or 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
I often have energy slumps during the day or after meals	1	2	3	4	5
I often crave something sweet / coffee after meals	1	2	3	4	5
I often have mood swings or difficulty concentrating	1	2	3	4	5
I get up dizzy or irritable if I go 4 to 6 hours without food	1	2	3	4	5
I often overreact to stress	1	2	3	4	5
I have less energy than I used to	1	2	3	4	5
I often feel too tired to exercise	1	2	3	4	5
I am gaining weight / finding it harder to lose weight	1	2	3	4	5

**What's your score?**

Ideal target 14 or less

**What's your score?**

Ideal target 16 or less

We have seen significant improvements in these scores by people following the zest4life programme.

In which questions / areas do you score highest?

Aim to make specific improvements in these areas