



## Take the Health Quiz

Complete this questionnaire **before Day 1** of your 14 Day Transformation and again at the end of the cleanse to assess the status of your body's toxicity, based on the symptoms you are experiencing.

This comparison will help you determine the success of your Transformation and notice any changes that take place.

**Check all that apply** based on your experience for the past 60 days. Do you struggle with any of the following conditions?

- |   |  |
|---|--|
| <input type="checkbox"/> Sugar cravings                           | <input type="checkbox"/> Asthma, allergies or wheezing                           |
| <input type="checkbox"/> Low or inconsistent energy               | <input type="checkbox"/> Migraines or headaches                                  |
| <input type="checkbox"/> Fatigue                                  | <input type="checkbox"/> Low mood, mood swings                                   |
| <input type="checkbox"/> Difficulty sleeping                      | <input type="checkbox"/> Anxiety   |
| <input type="checkbox"/> Caffeine addiction                       | <input type="checkbox"/> Difficulty with concentration                           |
| <input type="checkbox"/> Bloating or gas                          | <input type="checkbox"/> Distractibility   |
| <input type="checkbox"/> Constipation                             | <input type="checkbox"/> Skin problems, such as acne, rosacea, eczema, or rashes |
| <input type="checkbox"/> Reflux or heartburn                      | <input type="checkbox"/> Joint problems or pain                                  |
| <input type="checkbox"/> Irritable bowel                          | <input type="checkbox"/> Muscle aches  |
| <input type="checkbox"/> Difficulty losing weight                 |  |
| <input type="checkbox"/> Binge eating or drinking                 |  |
| <input type="checkbox"/> Fluid retention                          |  |
| <input type="checkbox"/> Stuffy or runny nose, itchy nose or eyes |  |

Total checked:

Today's date: