



HEALTH & EATING INVENTORY

Score each one out of 10 (with 10 being the best or no symptoms and 0 being the worst or many symptoms)

/10 - Energy levels in the morning

/10 - Energy in the daytime

/10 - Energy in the evening

/10 - Stress levels

/10 - Mood (irritability, mood swings, grumpy)

/10 - Foggy thinking

/10 - Anxiety or feeling jittery

/10 - Low mood or depression

/10 - Digestion

/10 - Bloating / wind

/10 - Sleep

/10 - Cravings

/10 - Binges

/10 - Need for caffeine

/10 - Need for sugar

/10 - Hormonal symptoms

Others: