

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