



WEIGHT MANAGEMENT ASSESSMENT

Developing a Habit of Health, a strong foundation through complete daily nutrition, is the core to any weight loss program, but we all know various challenges can create hurdles making weight loss a struggle. This assessment will help you troubleshoot some possible hurdles and nutrients you can use to overcome.

Directions:

Please circle the appropriate number based on your current diet and struggles to evaluate your needs. When complete, add points for each section to see your top 2-3 areas that may need additional support.

0 = never, 1 = rarely, 2 = occasionally, 3 = moderately, 4 = frequently, 5 = always

1. APPETITE	
I eat crackers, bread and white flour	0 1 2 3 4 5
Hungry all the time	0 1 2 3 4 5
Not satisfied after eating	0 1 2 3 4 5
Crave carbohydrates	0 1 2 3 4 5
Lack of protein in the morning	0 1 2 3 4 5
Total	

2. METABOLISM	
Slow metabolism/low body temperature (Below 97.8)	0 1 2 3 4 5
Tiredness followed by eating the wrong foods	0 1 2 3 4 5
Difficulty losing weight	0 1 2 3 4 5
Lack of exercise	0 1 2 3 4 5
Hormone problems	0 1 2 3 4 5
Total	

3. BLOOD SUGAR BALANCE/SNACKING	
Crave sugar/sweets	0 1 2 3 4 5
Muddled thinking	0 1 2 3 4 5
Sleeping difficulties	0 1 2 3 4 5
Afternoon slump	0 1 2 3 4 5
Feel nervous/anxious	0 1 2 3 4 5
Total	

4. CLEANSING/DIGESTION	
Less than 2-3 bowel movements daily	0 1 2 3 4 5
Bloating, belching or gas	0 1 2 3 4 5
Coating on tongue	0 1 2 3 4 5
Cravings	0 1 2 3 4 5
Full feeling under rib-cage	0 1 2 3 4 5
Total	

5. EMOTIONAL/STRESS	
Anxious	0 1 2 3 4 5
Always thinking about food	0 1 2 3 4 5
Emotional storms calmed by food	0 1 2 3 4 5
Start diet over and over again	0 1 2 3 4 5
Disorganized, impulsive behavior	0 1 2 3 4 5
Total	

6. ENERGY/HORMONES	
Tired all the time	0 1 2 3 4 5
Emotionally sensitive	0 1 2 3 4 5
Nervous, anxious	0 1 2 3 4 5
Stressed, overwhelmed	0 1 2 3 4 5
Loss of libido	0 1 2 3 4 5
Total	

7. WATER/HYDRATION	
I drink less than 1/2 my weight in ounces of water daily	0 1 2 3 4 5
I have back stiffness	0 1 2 3 4 5
Puffiness under the eyes	0 1 2 3 4 5
Sore joints	0 1 2 3 4 5
Total	

Now let's look at your scores!

Start with your highest scores to evaluate support products to add to your individualized weight loss solution.

Core Products

MEAL REPLACEMENT

- Nature's Harvest
- Love and Peas
- SmartMeal Chocolate
- SmartMeal Vanilla
- SmartMeal Chai
- Nutri Burn Chocolate
- Nutri Burn Vanilla

METABOLISM SUPPORT

- Ultra Therm
- Ultra Therm CF (caffeine free)

CLEANSE

- Dieters Cleanse
- Clean Start
- SF Capsules
- Tiao He Cleanse

Customized Support

1. APPETITE

- Stixated
- Fat Grabbers
- Vitamin D3

2. METABOLISM

- 7-Keto
- Thyroid Support

3. BLOOD SUGAR BALANCE/SNACKING

- Carbo Grabbers
- Chromium GTF
- Sweet FX
- Red Beet Root

4. CLEANSING/DIGESTION

- Dieters Cleanse
- Clean Start
- SF Capsules
- Tiao He Cleanse

5. EMOTIONAL/STRESS

Compulsive Overeater (Constantly thinking about food)

- 5-HTP
- Be Response Able

Impulsive Overeater (Always seem to be dieting. Disorganized. Lack of focus)

- Green Tea
- Be Response Able
- Chinese Liver Balance

Combination of Compulsive and Impulsive Overeater

(Brain has too much activity in the attention region of the brain so often overthinks things)

- 5-HTP
- Green Tea
- Be Response Able

Sad Overeater (Food calms the "storms" in the brain. Struggles with discouragement, low energy and self-esteem)

- Release It
- Vitamin D3
- Chinese Mood Elevator

Anxious Overeater (Frequently nervous and/or anxious)

- Nutri-Calm
- Be Courageous
- Chinese Nervous Fatigue
- Anxious Less

6. ENERGY/HORMONES

- Solstic Energy
- Adrenal Support
- Target Endurance

7. WATER/HYDRATION

- Kidney Activator TCM
- Solstic Revive
- Combination Potassium