

## PACKAGE 1 - QUIZ

On a scale from 1 - 5 , with 1 being strongly disagree and 5 being strongly agree please score the following questions by selecting the corresponding field. Your final score is the sum total of each question's rating.

*Please note that this quiz is not a diagnostic tool - simple a starting point for self reflection and used to identify potential areas of focus for improving your health.*

I am often tired and experience low energy

- 1       2       3       4       5

I do not enjoy exercise or feel motivated to do any form of movement

- 1       2       3       4       5

I often feel stressed & anxious

- 1       2       3       4       5

I do not sleep well

- 1       2       3       4       5

I experience low mood and even depression

- 1       2       3       4       5

I experience food cravings, especially for sugar and carbohydrates like bread.

- 1       2       3       4       5

I am overweight and am tired of following diets, since the results never last.

- 1       2       3       4       5

I feel overwhelmed by all the conflicting health information in the marketplace.

- 1       2       3       4       5

I am prone to indigestion, bloating and constipation

- 1       2       3       4       5

I have a family history of disease that I need to be mindful of.

- 1       2       3       4       5

A score of 16 or below indicates a healthy average.  
A score of 16 and above indicates that your overall health is in need of some reviving.  
As a health coach I am here to support you in reaching your health goals.  
With very high scores, when making changes to your health it is always advisable to  
work alongside your medical health practitioner.