Personal Health Evaluation		Wgt:	Wgt:	Wgt:	Wgt:	Wgt:	Wgt:	Wgt:	Wgt:
Condition	**Present**	**Week __**	**Week __**	**Week __**	**Week __**	**Week __**	**Week __**	**Week __**	**Week __**
CIRCULATORY		Codes:	**N=never**		**S=sometimes**			**A=always**	
cold hands/feet	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
high blood pressure	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
palpitations	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
high pulse (80+)	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
DIGESTIVE									
belching	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
constipation	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
diarrhea	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
flatulence	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
gas	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
heartburn	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
IMMUNE SYSTEM									
allergies	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
chronic fatigue	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
colds/flu	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
infections	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
GENERAL									
anxiety/nervous	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
arthritis pain	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
back pain	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
bleeding	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
bloating	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
coughing	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
depression	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
difficulty breathing	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
dizziness	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
dry skin	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
eczema	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
fever	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
frequent urination	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
gingivitis	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
headaches	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
high blood sugar	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
insomnia	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
itching	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
joint pain	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
low blood sugar	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
low energy	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
memory loss	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
menstrual concern	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
muscle pain/spasm	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
numbness	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
peridontal problems	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
poor hearing	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
poor vision	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
prostate problem	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
rash	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
seizures/shaking	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
sneezing	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
sore throat	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
stomach pain	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
swelling	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
ulcers	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A
other	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A	N S A