

Transformation Program

Transform your life

Harmony & Health Wellness Center
 1521 Old Hwy 135 NW
 Corydon, IN 47112

www.Harmony4health.com
 betterlife2be@gmail.com
 Ph#: 812-738-5433

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 suggest nutrients you can use to overcome them.

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	

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	

2 - METABOLISM

Slow metabolism/low body temperature (<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	

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	

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	

7 - WATER/HYDRATION

I drink less than 1/2 my weight in ounces of water daily I have back stiffness	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	

4 - CLEANSING/DIGESTIO

Less than 2-3 bowel movements	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	

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

5.. EMOTIONAL/STRESS

MEAL REPLACEMENT - Choose 2			Compulsive Overeater (Constantly thinking about food)
Nature's Harvest			5-HTP
Love and Peas -			Be Response Able
AIVIA Plant Protein			Impulsive Overeater (Always seem to be dieting.
AIVIA Whey Protein			Disorganized. Lack of focus)
METABOLISM SUPPORT - Choose 1			Green Tea .
Ultra Therm			BeResponseAble
Ultra Therm CF (caffeine free)			Chinese Liver Balance TCM
CLEANSE - Choose 1			Combination of Compulsive and Impulsive Overeater
Dieters Cleanse			(Brain has too much activity in the attention region,
Cleanstartwild Berry			so often overthinks things)
CleanstartApple-Cinnamon			5-HTP
SFcapsules			Green Tea
TiaoHe cleanse			Be Response Able
Customize Support			Sad Overeater (Food calms the "storms" in the brain.
1, APPETITE			Struggles with discouragement, low energy and self-esteem)
Stixated			Release It
Fat Grabbers			Vitamin D3
Vitamin D3			Chinese Mood ElevatorTCM
Garcinia combination			Anxious Overeater (Frequently nervous and/or anxious)
2 METABOLISM			AnxiousLess
7-Keto			Be Courageous
Thyroid Support			ChineseNervous FatigueTCM
3. BLOOD SUGAR BALANCE/SNACKING			NutriCalm
AIVIA Grabbers			6. ENERGY/HORMONES
Chromium GTF			Solstic Energy
Berberine IR			Adrenal Support
Cinnamon Balance			Master Gland
4. CLEANSING/DIGESTION			Adaptamax
Dieters Cleanse			7. WAT Kidney Activator TCM
Cleanstart Wild Berry			Solstic Revive
Cleanstart Apple-Cinnamon			Combination Potassium
SF Capsules			AIVIA Hydrate
Tiao He Cleanse			