

# HEALTH AWARENESS CHART

## How do you feel?

The consistent use of Body Balance often brings about subtle changes in Wellness. These changes can be so subtle that it is easy to forget what things were like before Body Balance.

Before you begin your daily consumption of Body Balance, take a few moments to enter a number between 1 and 10 that you feel best rates you present condition.

1 = Very Poor 'couldn't be worse' 10 = Excellent 'couldn't be better'

Do this again after 1, 2, 3 and 6 months.

You can expect to see and feel improvements in your body, mind, emotions and spirit!

Name:

Date:

Date:	Present	/ / Month 1	/ / Month 2	/ / Month 3	/ / Month 6
Level of Energy					
Level of Stress					
Sleep Pattern					
Appetite					
Cravings					
Bowel movements/Elimination					
Mood Swings					
Hormonal cycle (F)					
Circulation (cold hands/feet)					
Allergies					
Memory Recall					
Alertness Level					
Joint Pain/Soreness					
Joint Movement					
Bone Strength					
Immune System					

<b>Date:</b>	<b>Present</b>	<b>/ / Month 1</b>	<b>/ / Month 2</b>	<b>/ / Month 3</b>	<b>/ / Month 6</b>
Muscle Cramps					
Hair Condition					
Illness Frequency					
Yeast/fungus ailments					
How well do you Handle Stress					
Concentration/Mental Clarity					
Skin Condition					
Nail Condition					
Level of Endurance					
Weight	kg	kg	kg	kg	kg

Additional Comments:

## DETOXING

Most people who start using Body Balance products enjoy the experience enormously.

However, for some people there is a certain amount of detoxing that happens at the beginning, as this new wholefood nutrition is incorporated into the body.

This can take the form of headaches, body aches, constipation, loose bowels or tummy upsets and usually only lasts a short time. Just know detoxing is a good thing. It is a sign that your body is ridding itself of stored toxins and moving back into balance.

If symptoms persist, get in touch with the person who introduced these products to you; reduce the amount of product being taken for a day or two; definitely increase water consumption to assist body with removal of toxins.

**Remember it's not what happens in next 30 days  
It's what doesn't happen in the next 30 years  
that really matters...**