



Weekly Health Barometer Checklist

Have you experienced any of the following: Score 0- 10	Mon	Tue	Wed	Thur	Frid	Sat	Sun	Weekly Average Score
Loss of appetite								
Increase in appetite								
Gut Disturbances								
Weight gain / loss								
Headaches								
Mood Swings								
Increased Stress								
Difficulty Sleeping								
Feeling Sad								
Feeling Anxious								
Feeling Depressed								



Notes:

- ✓ Check your health barometer daily, and average the score each week.
- ✓ Take notes of any changes you may feel or experience
- ✓ Develop a baseline for where your current health barometer is at
- ✓ Answer honestly so that you can clearly see any changes occurring
- ✓ Useful to complete your health barometer daily for 4 weeks to get a baseline
- ✓ Useful to note any changes that may be affecting your health responses
- ✓ This is only a tool to create awareness around your health status
- ✓ This does not replace qualified professional healthcare management
- ✓ Always seek qualified health professional guidance at any stage if you have health concerns

SCORE	NEXT STEPS
0 - 3	Indication that you have mild symptoms - put strategies in place to address, seek a review by a healthcare professional to be proactive in your health management
4 - 5	Review current strategies and seek qualified health professional for review and guidance
6 - 10	Seek review and management by qualified health professional

For more information contact joan@joanmcewan for nutrition, health and wellness advice.