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HEALTH BAROMETER CHECKLIST

HAVE YOU BEEN EXPERIENCING THE FOLLOWING:	MONDAY (0-10)	TUESDAY (0-10)	WEDNESDAY (0-10)	THURSDAY (0-10)	FRIDAY (0-10)	SATURDAY (0-10)	SUNDAY (0-10)	TOTAL SCORE DIVIDED by 7
Loss of appetite								
Gut disturbances								
Weight gain / loss								
Increased gas								
Constipation or diarrhoea								
Headaches								
Brain "fog"								
Mood swings								
Increased stress								
Poor sleep pattern								
Increased fatigue / exhausted								
Difficulty getting to sleep								
Feeling sad								
Feeling anxious or depressed								
More emotional than usual								



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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 professionals for review, guidance and management.
6 - 10	Seek review and management by qualified health professional

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