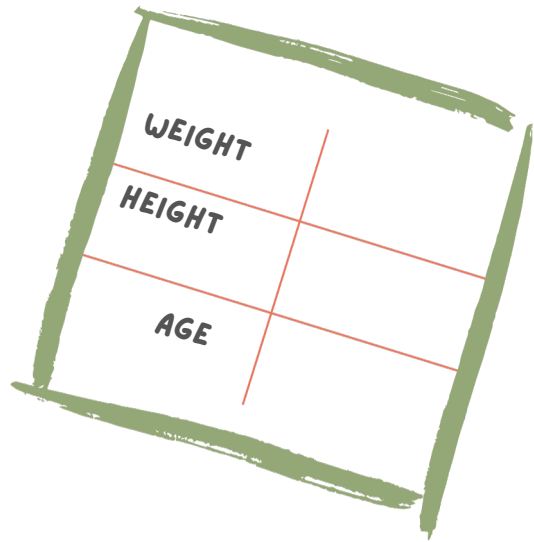


APPENDIX

SUGGESTED HEALTH STATS TO TRACK

Sleep

- Quality of Sleep
- Time It Takes To Fall Asleep
- Snore and/or Trouble Breathing
- Disruptive Sleep
- Wake Up Easily
- Wake Up On Own OR Need An Alarm
- Feel Rested During The Day
- Brain Fog
- Regular Sleep Routine



APPENDIX

SUGGESTED HEALTH STATS TO TRACK

Skin / Hair

- Itchy Skin
- Red Burning Skin
- Rough Skin
- Peeling Skin
- Hives and/or Rashes
- Moles
- Skin Tags
- Keratosis Pilaris
- Thinning Hair
- New Hair Growth
- Brittle and/or Dry Hair
- Shiny/Healthy Hair
- Dandruff
- Tingling/Numbness (fingers/toes)
- Swelling
- Easily Bruise
- Brittle Nails
- Bad Body Odor
- Bad Breath
-

Aches/Pains/Movements

- Pains/Aches/Range of Motion
 - Neck
 - Shoulders
 - Upper Back
 - Lower Back
 - Hips
 - Knees
 - Feet/Ankles
 - Wrists
 - Elbows
- Muscle Pains (thighs, calves, etc.)
- Shaky and/or Lack of Strength
- Lightheadedness/Faint
- Headaches
- Blurred Vision and/or Eye Pain
- Tinnitus and/or Hearing Issues



APPENDIX

SUGGESTED HEALTH STATS TO TRACK

Digestion

- Heartburn
- Bloating
- Gas
- Abdominal Pain
- Nausea and/or Upset Stomach
- Cramping
- IBS Symptoms
- Regular Bowel Movements
- Type of Bowel Movements
- Avg Number of Daily Bowel Movements
- Urination Issues (burning/urgent)
- Urine Color
- Avg Urination Timing after Liquid Intake

Other

- Congestion
- Shortness of Breath
- Difficulty Breathing
- Chronic Coughing
- Chronic Sneezing
- Anxiety Attacks
- Heart Palpitations
- Racing Heart
- Chest Pains
- Excessive Ear Wax
- Swollen Ankles
- Swollen Legs
- Bloodshot Eyes
- Yellowing of Eyes
- Period Regularity

SUGGESTED
PROMPTS NOT
A COMPLETE
LIST

TRACK
ANYTHING YOU
WOULD LIKE
TO IMPROVE

