

REDUCE STRESS  
SLEEP BETTER  
EAT CLEAN  
DRINK WATER  
MOVE YOUR BODY  
CHANGE YOUR LIFE!



# 14 DAY RESET SURVEY

This survey is designed to help you compare your starting point and end results of the 14 Day Reset. Be truthful in your responses; they are private and meant only for your reflection. This is a key step in understanding the full impact of your journey.

Recognize your progress and any improvements in your health and well-being. It's a valuable opportunity to see how far you've come and to celebrate your achievements.

<b>Rate The Following</b> <i>(1 Bad - 10 Feeling Great)</i>	<b>Before</b> <b>1 - 10</b>	<b>After</b> <b>1 - 10</b>
<b>ENERGY LEVELS</b>		
<b>PHYSICAL COMFORT</b> <i>(lack of pain)</i>		
<b>MOOD</b>		
<b>BODY IMAGE</b> <i>(how you like your body)</i>		
<b>JOINT MOBILITY</b>		
<b>SKIN APPEARANCE</b>		
<b>IMMUNE SYSTEM FUNCTION</b>		
<b>MENTAL ACUITY/FOCUS</b>		
<b>DIGESTION/REGULARITY</b>		
<b>QUALITY OF SLEEP</b>		
<b>OVERALL WELLNESS</b>		
<b>PATIENCE</b>		
<b>ABILITY TO HANDLE STRESS</b>		
<b>CURRENT WEIGHT (LBS)</b>		
<b>What is your wellness goal for this Reset?</b>		