

Updates

Name:

Date:

Do you have trouble going to sleep?

Do you have trouble staying asleep?

Do you have indigestion?

Do you have acid reflux?

Do you have bloating?

Do you have nausea?

Do you have low energy?

Do you have any pain anywhere?

Do you have skin rash or breakouts?

Do you have headaches/migraines?

Do you have any sugar cravings?