

Gut Health Symptoms

QUESTIONNAIRE





Gut Health Symptoms *Questionnaire*

STARTS HERE

This questionnaire will help you get a better understanding of your symptoms and where to start with your gut health journey.

We will be going deeper into this during our coaching sessions.

Print the following pages off and fill them out the best you can.

We will discuss your answers further on our live calls/1:1 consultations...



SYMPTOMS	YES/NO
Constipated and don't have regular bowel movements	
Bloated after eating	
Nauseated after eating	
I get full really quickly and can only eat small amounts	
I suffer with burning in my throat, heartburn and acid reflux	
I have a lump in my throat and my voice can sound hoarse	
I take heartburn medication or antacids frequently	
I have Hashimoto's	
I suffer with anxiety and often feel in a low mood	
I have seasonal allergies	
I have developed food allergies	
I regularly take Ibuprofen or tylenol	
I was prescribed antibiotics a lot in my younger years	
I've been prescribed antibiotics in the last 5 years	
I can have stomach cramps and diarrhoea after eating meals	
I have PCOS, PMS	
I find it difficult to lose weight	
I have acne, skin irritations, skin breakouts	
Sensitivities to certain foods	

SYMPTOMS	YES/NO
I have diarrhoea but still feel constipated	
I occasionally have undigested food in my stools	
I am exhausted in the afternoons	
I feel anxious after drinking coffee	
I've been diagnosed with group B Strep in pregnancy	
I suffer with yeast infections	
I have frequent urine infections (UTI's)	
I crave sugar and carbs	
I have eczema or skin rashes	
I have been diagnosed with IBS	
I take digestive enzymes before eating	
I suffer with migraines	
I have insulin resistance	
I am diagnosed with type 2 diabetes	
I have gestational diabetes	
My mood is all over the place and I get irritated easily	
I can't maintain my healthy weight	
I get gassy if I eat legumes, lentils, beans, or a lot of fibre	
Food poisoning in the past & my stomach has never been the same	



DISCLAIMER

The information contained within these materials is for general and informational purposes only. The information is not, nor intended to be, a substitute for professional or clinical advice.

If you have any concerns about your health, please contact your medical doctor or licensed healthcare practitioner.

W W W . A C T I V E E U P H O R I A . C O M

About Me

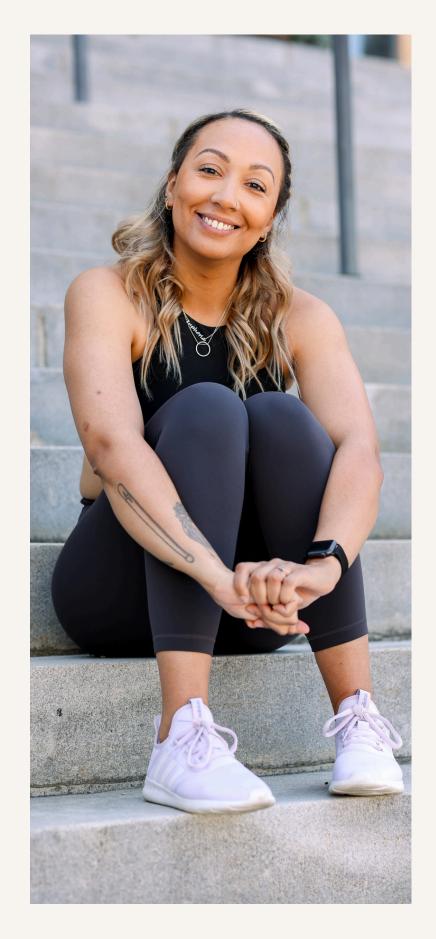
*Health Coach*Marlena Cunningham

I believe that true health is about more than just the number on the scale or the amount of kale you eat. It's about creating a balanced, joyful life that nourishes your body, mind, and spirit.

As your health coach, I'll be your biggest cheerleader and support system, guiding you on your journey to vibrant health. Together, we'll work on developing healthy habits that fit into your busy lifestyle, and we'll celebrate your successes every step of the way.

Think of it like a delicious recipe: you bring the ingredients (your goals and challenges), and I'll help you mix them together in just the right way to create a masterpiece (a healthier, happier you!).

So let's get started on creating the healthy, happy life you deserve!



Contact

active euphoria coaching @gmail.comwww.activeeuphoria.com



@ACTIVEEUPHORIA



@ACTIVEEUPHORIA