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# Gut Health Symptoms

## QUESTIONNAIRE



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# 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	<input type="checkbox"/>	<input type="checkbox"/>
Bloated after eating	<input type="checkbox"/>	<input type="checkbox"/>
Nauseated after eating	<input type="checkbox"/>	<input type="checkbox"/>
I get full really quickly and can only eat small amounts	<input type="checkbox"/>	<input type="checkbox"/>
I suffer with burning in my throat, heartburn and acid reflux	<input type="checkbox"/>	<input type="checkbox"/>
I have a lump in my throat and my voice can sound hoarse	<input type="checkbox"/>	<input type="checkbox"/>
I take heartburn medication or antacids frequently	<input type="checkbox"/>	<input type="checkbox"/>
I have Hashimoto's	<input type="checkbox"/>	<input type="checkbox"/>
I suffer with anxiety and often feel in a low mood	<input type="checkbox"/>	<input type="checkbox"/>
I have seasonal allergies	<input type="checkbox"/>	<input type="checkbox"/>
I have developed food allergies	<input type="checkbox"/>	<input type="checkbox"/>
I regularly take Ibuprofen or tylenol	<input type="checkbox"/>	<input type="checkbox"/>
I was prescribed antibiotics a lot in my younger years	<input type="checkbox"/>	<input type="checkbox"/>
I've been prescribed antibiotics in the last 5 years	<input type="checkbox"/>	<input type="checkbox"/>
I can have stomach cramps and diarrhoea after eating meals	<input type="checkbox"/>	<input type="checkbox"/>
I have PCOS, PMS	<input type="checkbox"/>	<input type="checkbox"/>
I find it difficult to lose weight	<input type="checkbox"/>	<input type="checkbox"/>
I have acne, skin irritations, skin breakouts	<input type="checkbox"/>	<input type="checkbox"/>
Sensitivities to certain foods	<input type="checkbox"/>	<input type="checkbox"/>

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



# 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.

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# 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

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