**NUTRITION QUESTIONNAIRE**

Help us help you live a happier, healthier life! Identify your biggest health priorities, by taking this simple questionnaire. Based on your answers, we can recommend the best Youngevity products for you.

**JOINTS, BONES & TEETH**

**How would you rate your flexibility and mobility?**

*Take Note   
Suffering from stiffness? Is it hard to get around? Sitting too much, aging, over stretching, loss of muscle, and even diet can impact flexibility and mobility.*

**How do your joints feel overall?**

*Consider This:   
Maintaining a healthy weight, keeping active, and nutrients like calcium, vitamin D, and omegas all help support healthy joints.*

**How would you rate your teeth and gum health?**

*Your First Line of Defense   
Healthy gums do more than protect your teeth and bones — they also defend your body against serious health challenges.*

**How do your knees feel after walking?**

*Walk the Walk!  
When you walk, cartilage acts like a sponge that soaks up nutrients from the compression and decompression of your body weight. This helps rebuild joints and take pressure off stiff or aching knees.*

**How do your shoulders feel when lifting?**

*A Lot to Shoulder   
Shoulders have the most complex joints in the human body, providing 360 degrees of mobility to your arms. They also help stabilize bones, muscles, tendons, and ligaments to perform daily activities.*

**How would you rate your back flexibility?**

*Loosen Up!   
Suffering from back pain and/or stiffness? This can be caused by too much sitting and a lack of lower body flexibility (e.g. hamstrings, buttocks, hips). Stretches and exercises for the hips, glutes, and legs help improve flexibility and relieve pressure.*

**METABOLISM & ENERGY**

**How would you rate your self-control with sweets?**  
*Curb Those Cravings   
Exercise and a healthy diet including fiber, prebiotics, and probiotics increase**serotonin, which helps curb sugar cravings.*

**How well do you fall and stay asleep?**

*Step Away From Your Screen!  
Did you know the blue light emitted from smart phones, TVs, and computers makes it harder to fall and stay asleep? Disconnecting from these devices for at least 30 minutes before bedtime can help.*

**How well do you overcome weight-loss challenges?**  
*Stay Light on Your Feet   
A good breakfast (don't skip it) and three 10-minute walks a day can help boost your metabolism. Also, protein shakes provide good nutrition at a reasonable cost.*

**How would you describe your daytime energy level?**

*Seize the Day!   
To maintain better energy, start your day with proteins and fiber instead of carbohydrates. This helps support healthy blood sugar levels and prevent mid-day energy dips.*

**How do you feel when you wake up?**

*Good Morning Sunshine!   
Exercise and sunlight in the morning help you feel refreshed and energized. Minimize afternoon caffeine intake and always have a good mattress and bedtime routine.*

**How would you describe your blood sugar levels?**

*Food for Thought**Do you often get the groggy afternoon feeling? Carbs and sugar spike insulin and blood sugars, leaving you more tired and even hungrier. Protein and fiber help maintain healthy blood sugars within the normal range.*

**BRAIN & HEART HEALTH**

**How would you rate your blood circulation?**

*Get With The Flow*

*Do you experience numbness in your legs, arms, and feet? Magnesium, omegas, berries, beets, and spicy foods can help! They promote a healthy heart and blood circulation, supporting energy production throughout the body.*

**How is your blood pressure health?** *Take The Pressure Off   
Healthy weight loss and a nutrient-rich diet support good heart and blood pressure health – fiber helps by making you feel full and lowering cholesterol.*

**How well does your brain function overall?**

*By Land And By Sea  
Deep-water fish that is rich in omega-3 essential fatty acids (e.g. salmon) help optimize brain function. Avocados also help through monounsaturated fat that increases blood flow to the brain.*

**How does your body respond to pain and inflammation?**

*Delicious Relief!*  *Are you especially sensitive to pain? Nuts, fish, berries, dark leafy greens, and healthy fats from avocados or fish all help support the body’s natural inflammation fighting response.*

**How would you rate your mental clarity?**

*It’s All So Clear!  
Dark leafy greens provide vitamin E to support cognitive function – an antioxidant-rich diet also helps, combating free radicals and improving brain function.*

**How Do You Feel About Your Immune System?**

*A Fortress of Nutrients  
Do you easily catch colds and flus? Foods like citrus fruits and red bell peppers can help. They contain vitamin C, which helps fight off infections by building up your immune system.*

**QUADRANT: DIGESTION & IMMUNE HEALTH**

**How would you rate your regularity?**

*Would You Don’t Know About H2O!   
Dehydration can slow your metabolism, impacting weight and slowing digestion. To help improve regularity, drink 8 glasses of water a day and eat more fiber.*

**How well do you avoid stomach problems like Diarrhea?**   
  
*Spice Isn’t Always Nice   
Stress, travel, poor diet, and even spicy foods can all lead to an upset stomach or other issues. Foods like pineapple and papaya contain enzymes that break down food for easier digestion.*

**How well do you avoid bloating or gas?**

*Drink Before You Eat  
Gas and burping are common after drinking and eating – to help reduce gas and bloating, drink fluids 30 minutes before eating.*

**How does your body respond to daily stress?** *Stay Protected   
Daily stress negatively impacts digestion, sleep, and more – antioxidants help protect and defend, while supporting a good digestive system (where 95% of our serotonin resides).*

**How well does your body fight off cold hands and feet?**

*Did You Know?   
Cold hands and feet can be an indication of poor circulation. Vitamin e (found in pumpkin, nuts), niacin (found in eggs, mushrooms, milk), and spices help you feel warmer and support healthy circulation.*

**How would you rate your natural energy levels?**

*Easy To Digest   
Do you often feel tired or run down? Stress, pollution, and diet impact our cells and overall health, including energy levels. Supporting cells with good digestion is key, as this is where most of our immune system thrives and nutrition is absorbed.*

**Choose Your Biggest Health Priorities  
SELECT ALL THAT APPLY**

**Physical Wellness:** Weight loss, building muscle, exercise & performance, energy

**Advanced Nutrition:** Getting enough vitamins & minerals, nutrient-dense whole foods, anti-aging, naturally building a better immune system

**Hormones & Stress:** Men’s Health, Women’s Health, Stress & Sleep

**Targeted Health Concerns:** Mental Focus & Memory, Eye Health, Circulation & Blood Vessels, Joint & Mobility