## My Personal Analysis

Му	My personal Cleansing Coach is						
	know that my Cleansing Coach will offer support, encourage me and rovide advice on how to fulfill my goals.						
l wi	ll contact my Cleansing C	Coach regularly to report my prog	ress.				
1.	How would I rate my cur						
2.	. I am currently on prescription medications or under medical supervision.  □ Yes □ No						
3.	3. I am currently experiencing the following symptoms:						
	constipation	☐ fatigue	other				
	high cholesterol	headaches					
	mood swings	high or low blood sugar					
	☐ pain	☐ high or low blood pressure					

4. How often do I consume the following per week?

AMOUNT	NEVER	RARELY	SOMETIMES	ALWAYS
Cigarette Smoke				
Caffeine				
Alcohol				
Refined Sugar				

