

OYM NUTRITION

STEP 1 - MONITORING SYMPTOMS

This step is an important one as it gives us a chance to think about our current symptoms so that we can monitor how we feel and help us focus on supporting our bodies through the right balance of nutrition, movement and making the right lifestyle choices.

Please complete this table and print off and review how you are feeling – ideally on a monthly basis.

Rate yourself out of 10 (10 being the most positive!)

Energy levels

Skin

Hair

Sleep quality

Diet

Appetite

Mood

Anxiety / stress levels

Focus & concentration

Bloating

Bowel movements

Weight loss progress

Any other key symptoms

TOTAL
