

Health Questionnaire: Know Your Numbers

the PHARMACIST edit

Use this questionnaire as your baseline. I recommend reviewing this every 3 months for optimal health

1. On a scale of 1 to 10, rate your overall health today:
(1 = Poor, 10 = Excellent)

2. What's your waist circumference?
(Men < 94 cm/ 37 inches Women < 80 cm/ 31.5 inches)

3. How much protein do you consume daily? (1.2 -1.6 g/kg/day)

4. How many glasses of water do you drink daily?

5. How many hours of sleep do you typically get? (> 7 hrs)

6. What is your eating window?

7. When do you engage in exercise?

8. What foods do you crave?

9. What foods make you sick?

10. What has set you back from reaching your health goals?

Notes

Tip: Know what you're eating, how much your body can tolerate and consistently choose foods that nourish your body based on your genetics and predisposition.

BONUS

Resources:

- Subscribe to Therese's science-based strategies and receive her e-guide to shift stubborn weight:

<https://pharmacistedit.com/eguide>

- Access a complimentary 30 minutes health chat with Therese:

<https://pharmacistedit.com/aft30>

ABOUT THERESE

Therese is a consultant pharmacist, evidence-based health and wellness researcher, health coach and self-confessed wellbeing addict.



 The Enlightened Pharmacist
 [theresa-loo-pharmacistedit/](https://www.linkedin.com/in/theresa-loo-pharmacistedit/)