



My Personal Health Checklist

There are key indicators in life to illustrate if you are flowing in your life in the area of health. There are things that you were able to do years ago but find difficult now and this is where we will begin.

Below is a checklist where you can fill in the areas that specifically affect you in your movement every day and this chart will give you an indication of whether the condition is deteriorating. We will then take actions steps to bringing an easy way to you to keep track of your progress and be able to see the benefits your body is gaining through this program. This can be done daily or as often as you choose to keep a track of how you feel.

What are the Goals or Outcomes I would like to achieve within the next thirty days by taking Wild Blend?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

What other actions must I do today toward achieving one or more of these outcomes?

1. _____
2. _____
3. _____
4. _____
5. _____



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Date	Level	Movement	Flexibility	Pain levels	General health
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
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24					
25					
26					
27					
28					
29					
30					
31					



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After you have completed the thirty one days, fill in the summary below to give you an overview of the areas you feel affected your progress in a positive and negative way. This is an invaluable tool in assessing your progress as it is like a journal of your body's level of health in these areas. You can use this chart over and over and keep a real and relevant record of each area of concern with your arthritis condition.

Summary

How did I feel overall during the program duration?

Have my health outcomes improved in this time, e.g. do I have easier movement or flexibility?

Where did I notice a specific improvement in my body and what form did it take?

What helped me get closer to the goals or outcomes I am striving for with my health?

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Day	Programme	Check
	Drink water on rising. A glass of warm water with the juice of a lemon is always refreshing. Aim to drink two, one litre bottles during the day. (Coffee and tea don't count)	
	Daily Exercise For example- Go for a walk, Do a yoga session Other:	
	Breakfast – take Wild Blend	
	Lunch-	
	Dinner- take Wild Blend	
	Snacks	
	Relaxation , perhaps listen to some music, meditation, yoga	
	Comments – How did I feel today?	