



Clean Start 90 Wellness Snapshot

(For your own personal use)

Name _____

Start date _____

Neurological & Cognitive

- Brain fog
- Memory issues
- Trouble focusing
- Mood swings
- Anxiety or depression
- Numbness or tingling
- Headaches or migraines



Special Note:

Cardiovascular Health

- High blood pressure
- Irregular heartbeat
- Circulation problems



Special Note:

Energy & Fatigue

- Chronic tiredness
- Low stamina
- Afternoon crashes
- Poor sleep or non-restorative rest



Special Note:

Liver & Kidney Stress

- Dark circles/Bags under eyes
- Water retention or swelling
- Frequent nightly urination



Special Note:

Immune & Inflammation

- Frequent colds or illness
- Autoimmune symptoms
- Unexplained inflammation
- Allergies or sensitivities



Special Note:

Skin, Hair & Appearance

- Acne, rashes, or eczema
- Dry or itchy skin
- Thinning or brittle hair
- Premature aging signs



Special Note:

Gut & Digestive Health

- Bloating or gas
- Constipation or diarrhea
- IBS symptoms
- Leaky gut indicators
- Difficulty absorbing nutrients



Special Note:

Bones, Joints & Muscles

- Joint pain or stiffness
- Muscle aches or cramps
- Low bone density
- Arthritis-like symptoms



Special Note:

Hormonal & Metabolic

- Thyroid issues
- Weight gain or loss resistance
- PMS or menopause symptoms
- Low testosterone or libido
- Blood sugar swings



Special Note:

Respiratory & Sensitivity

- Asthma or chronic cough
- Sinus congestion
- Chemical or fragrance sensitivity



Special Note:

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