



# 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:

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## Cardiovascular Health

- ☐ High blood pressure
- ☐ Irregular heartbeat
- ☐ Circulation problems



Special Note:

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## Energy & Fatigue

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



Special Note:

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## Liver & Kidney Stress

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



Special Note:

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## Immune & Inflammation

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



Special Note:

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### Skin, Hair & Appearance

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



**Special Note:**

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### Gut & Digestive Health

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



**Special Note:**

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### Bones, Joints & Muscles

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



**Special Note:**

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### Hormonal & Metabolic

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



**Special Note:**

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### Respiratory & Sensitivity

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



**Special Note:**

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