



where weight loss is a science

## UNDERLYING METABOLIC IMBALANCES: EXCESS INFLAMMATION

Directions: This questionnaire asks you to assess how you have been feeling during the past two months. This information will help us determine whether excess inflammation is one of your underlying metabolic imbalances as well as how this changes as you progress with your program.

For each question, circle the number that best describes your symptoms:

0 = No or Rarely – You have never experienced the symptom or the symptom is familiar to you but you perceive it as insignificant.

1 = Occasionally – Symptom comes and goes and is linked in your mind to stress, diet, fatigue or some other identifiable trigger

4 = Often – Symptom occurs 2-3 times per week and /or with a frequency that bothers you enough that you would like to do something about it

8 = Frequently – Symptom occurs 4 or more times per week and/or you are aware of the symptom every day, or it occurs with regularly on a monthly or cyclical basis

Some questions require a YES or NO response: 0 = NO, 8 = YES

1. Pain or aches in joints	0	1	4	8
2. Joint swelling	0	1	4	8
3. Muscles stiff, sore, tense or achy	0	1	4	8
4. Burning, throbbing, shooting or stabbing muscle pain	0	1	4	8
5. Muscle cramps or spasms	0	1	4	8
6. Don't feel refreshed upon waking	0	1	4	8
7. Stiffness or limitation of movement	0	1	4	8
8. Feeling of weakness or tiredness	0	1	4	8
9. Cramps in legs	0	1	4	8
10. Routine exercise such as daily walking, causes your knees or ankles to swell or hurt	0	1	4	8
11. Injure, strain or sprain easily	0	1	4	8
12. Do you have arthritis?	0	1	4	8
13. Do you have acne or other skin disorder?	0	1	4	8
14. Use pain relievers (over-the-counter, prescription or supplements)	0	1	4	8

TOTAL POINTS \_\_\_\_\_

If your total score is greater than 24, Inflammation is likely one of your top UMIs.

In addition, even if your score is not greater than 24, Inflammation is likely one of your UMIs if one or more of the following key questions is an 8: Key questions are 1, 3, 7, 12 and 14.