

Isagenix® Health Assessment Questionnaire



- 1. What is your gender?**
 - Male
 - Female
- 2. What is your age?**
 - 18-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70 or older
- 3. Is one of your health goals to lose weight?**
 - No
 - Yes, 1-8 pounds
 - Yes, 9-16 pounds
 - Yes, 17-24 pounds
 - Yes, 25-32 pounds
 - Yes, 33-40 pounds
 - Yes, 41+ pounds
- 4. My intake of cold water fatty fish (wild caught salmon, sardines, etc) per week is:**
 - None
 - 1 to 2 servings
 - 3 or more servings
- 5. How many 4 ounce servings of fruit do you eat daily? (Examples of 4 ounces of fruit are half an apple, fifteen large grapes, half a banana)**
 - None
 - 1 to 2
 - 3 or more
- 6. How many 4 ounce servings of vegetables (raw or cooked) do you eat daily including potatoes? (Examples of one serving of vegetables are five cherry tomatoes, five sticks of celery, or one whole carrot)**
 - 0 to 1 per day
 - 2 to 3 per day
 - 4 or more per day
- 7. What description below best describes your joint health when not taking over-the-counter or prescription pain medication or joint support supplements?**
 - No joint pain
 - Periodic intervals of pain
 - Continual joint pain
- 8. On average, how much time do you spend in direct sunlight each day with at least arms and face exposed?**
 - 20 minutes or less of direct sun exposure
 - Between 20 minutes and 1 hour
 - More than 1 hour
- 9. In order to individualize your recommendations, please select your top three priorities from the following list**
 - Improving digestive health
 - Enhancing athletic performance and endurance
 - Improving the look and feel of my skin
 - Boosting my immune system
 - Increasing lean muscle mass
 - Increasing my energy levels naturally
 - Supporting joint health
 - Strengthening my heart
- 10. We have created nutritional product combinations that support or are preferential for particular conditions. Do you have any of the following?**
 - High blood pressure or hypertension
 - Hypothyroidism
 - Type 2 diabetes
 - None of the above
- 11. Do you maintain a kosher diet?**
 - Yes
 - No