

Personal Wellness Assessment

Date:

Try to write something on each line: What does this record tell you about yourself?

Energy Level

Walking

Aerobic Exercise

Feeling of Wellness

Sleep Pattern (night)

Sleep Pattern (day)

Appetite (poor or excessive)

Absence of Cravings

Bowel Movements

Quality of Stool (Firm)

Urine Elimination

Circulation hands/feet

Veins – (No Soreness?)

Indigestion (None?)

Short Term Memory

Alertness (Brain Fog?)

Joint Pain Hands

Joint Pain knee/hip

Backache Lower Back

Eyesight -

Absence of Sickness

No Muscle Cramps?

Skin Condition

Hair Condition

Yeast/Fungus disorder

Balance when turning?

Weight kg:

Hip cm:

Waist cm:

High Blood Glucose?

High Blood Pressure?

Low HDL-Cholesterol?

High LDL-Cholesterol?

High Insulin in Blood?

High Triglycerides?

Downwards Pressure Test:

Handgrip Strength:

Six Minute Walking Test:

Quality Of Life Assessment: Physical health:

Mental Health:

Sexual Health:

Please join this Banting Forum: <https://openfuture.onlinegroups.net/groups/lchf-nutrition>

Better Health is always possible.

By John Veitch

If you have health issues the one key to better health is **improving your knowledge**. You can't do anything to effectively change your habits and your lifestyle unless you understand why you are doing it.

The easiest things to change are your diet and your exercise routine. How much energy do you have? How quickly do you walk? How do you feel when you wake up?

Harder, is to stop doing things you need to avoid. Dependence on narcotics, alcohol, tobacco, sleeping pills or sugar for instance.

Everyone needs to do useful satisfying work. If your job isn't satisfying or if it doesn't produce income for you, perhaps you need to change it.

If your family life is difficult for some reason, being socially active in the wider community might be hard. Good mental health flows out of strong and supportive connections to many other people. First in the immediate family, then in the wider family, but also at work, in sports clubs, in interest groups, and in public.

You can't change your genes, but your genes are not your fate either. Genes are turned on and off, mostly by the way we choose to live, what we put into our bodies, and the environment we live in.

Finally, is it possible that health issues you have, are caused by problems in the environment?

If you've done what you can to improve your health as indicated above and you still have issues, the obvious place to go is your doctor.

If that fails, come back to improving your knowledge. In particular **learn more about yourself**, keep a health diary, make a written record of how you are. Measure what you can, make assessments of the things you can't easily measure. (Use a 1-10 scale for instance.)

Is your health still of concern for you?

Use Google to find scientific papers, and read them yourself.

This might be difficult in the beginning until you get used to the language, and the technical terms used. Your understanding will be much improved if you have read the original text, even if sometimes you struggle with the detail.

There are many web sites and much material on Youtube that's helpful. BUT, there is also misinformation there too. You have to choose which individuals or authorities you think have credibility.

I've worked hard to present the ideas I think make sense. Here are some good places to start.

<http://www.openfuture.biz/>

<http://www.openfuture.biz/health/>

<http://www.openfuture.biz/science/>

<http://www.openfuture.biz/expertise/>