

Initial Assessment for ROOT users

Please take the time to record your physical and mental/emotional state before you begin taking the ROOT products. Come back to this place after 3 or 6 months and compare data. This allows all of us to assess changes taking place after a certain amount of time.

1 - Perfect / I have no complaints
 3 - Average / Not so great
 5 - Bad / I long for improvement

2 - Good / I'm satisfied with as it is
 4 - Inadequate / Could be better
 6 - Miserable / I can't stand it anymore

	1	2	3	4	5	6
Allergies						
Eyes / Vision						
Blood pressure						
Blood sugar						
Memory						
Vessels (arteries)						
Joints / Bones						
Skin (face/body)						
Concentration / Focus						
Headaches / Migraines						
Libido						
Nails / Hair						
Teeth / Gum						
Pains						
Digestion						
Overall Mood						
Anxiety / Depression						
Energy throughout the day						
Sleep						
Quality of meditation						
Vitality						
Clarity of mind & thought						