

My Wellness Check-In

A simple snapshot of how you feel — today, and again across your first six months. Not a test, not a diagnosis. Just your own honest before-and-after, in your own words.

Progress is easy to forget when you see yourself every day.

HOW TO USE THIS

Print a copy and fill it out **today** — that's your starting point. Then fill out a fresh copy at **2 months, 4 months, and 6 months** and set them side by side. Over your first six months it gives you an honest look at your own journey. Everyone is different and results vary — this is simply a way to notice your own changes over time as you stay consistent with your routine.

NAME _____ DATE _____

THIS CHECK-IN Starting point (today) 2 months 4 months 6 months

How I feel right now

Circle the number that best fits each area today — 1 is rough, 5 is great. There are no wrong answers.

Energy through the day	1	2	3	4	5
Sleep quality	1	2	3	4	5
Focus & mental clarity	1	2	3	4	5
Mood & sense of calm	1	2	3	4	5
Joint & muscle comfort	1	2	3	4	5
Skin	1	2	3	4	5
Hair & nails	1	2	3	4	5
Digestion & gut comfort	1	2	3	4	5
Overall sense of wellbeing	1	2	3	4	5

1 = rough · 3 = okay · 5 = great

ANYTHING ELSE I'VE NOTICED

This is a personal self-reflection tool, not a medical assessment. If you have any health concerns, talk with your healthcare provider. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. Individual results vary.

Shared by an Independent LifeVantage Consultant.

One Person Big Difference