



How Do You Feel Today?

Starting a new health plan is a great beginning. You'll find that certain "aches & pains" will probably start fading away. The best way to actually see the results & benefits that you are experiencing is to fill out this form. Check off any symptoms/complaints that you have today, and then again in 30-days. You'll be surprised to find that many have lessened . . . or gone away entirely!

Check This Side On Starting Date:

- Less Energy - Tired Mid-Afternoon
- Overweight / Underweight
- Splitting / Breaking Fingernails
- Dull, Thinning Hair
- Headaches
- Constipation, Hemorrhoids
- Bruise Easily
- Poor Digestion - Use Antacids
- Cold Hands / Cold Feet
- Hard To Wake Up In The Morning
- Can't Fall Asleep And/Or Wake During Night
- Complexion Problems
- Leg Cramps
- Bad Breath / Smelly Feet
- Frequent Colds / Infections / Flu
- Nervous Or Depressed
- Various Aches & Pains
- Shortness Of Breath
- Under Stress
- High Cholesterol / Triglycerides
- Sinus & Allergy Problems
- Backaches
- Joint Stiffness / Achy Muscles
- Water Retention
- Menstrual Cramps / PMS / Hot Flashes
- Feeling Overwhelmed

Check This Side 30 Days From Today's Date:



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