



# Nourishing Wellness

Good health is a choice you can make today!

## Dump the Junk Detox Evaluation

1. What was the primary reason you enrolled in this Detox Program?

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2. On a scale of 1 (least successful) to 10 (most successful) how would you rate the achievement of your primary goal?

3. How did you benefit from doing this Detox Program? What changes have you observed in yourself? Please share any "ah-ha's" you experienced.

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Please mark the appropriate box:

	Better before cleanse	About the same	Better since cleanse
Digestion			
Bowel regularity			
Sleep quality			
Mood			
Clarity of thought			
Self awareness			
Appetite			
Energy			
Stress management			

Beginning weight:	Ending weight:
Beginning waist measurement:	Ending waist measurement:
Beginning hip measurement:	Ending hip measurement:

4. What lifestyle or dietary changes do you wish to continue with?

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5. What was your greatest challenge during the program?

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6. What was your greatest joy or success?

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7. Would you repeat this program in the future? \_\_\_\_\_

8. Do you have any suggestions for future Detox programs?

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9. Is there anything else you'd like to share?

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You have the power to transform your health and your life by the choices you make each day. When we remove the obstacles to health and support the body's ability to detoxify, the body can heal. When given nutrient dense whole foods, therapeutic supplements, rest, and the chance to heal and repair, it will!

I look forward to supporting you on your journey in creating health and vitality in your life.

Your referrals are greatly appreciated.

Please check here \_\_\_ if we can use a "quotable quote" in future advertising. THANKS!

Your name: \_\_\_\_\_



Thank you for joining us!