

Qualitative Health Assessment Questions

Gut Health

- How often do you experience bloating, gas, or discomfort after meals?
- Do you regularly experience constipation, diarrhea, or irregular bowel movements?
- How would you describe your typical daily diet in terms of variety and fiber intake?
- Have you noticed any specific foods that trigger digestive issues?
- How often do you consume fermented foods or probiotics?
- Do you frequently experience heartburn or acid reflux?
- How would you rate your overall energy levels throughout the day?

Stress Levels

- How often do you feel overwhelmed or unable to cope with daily tasks?
- Do you find it difficult to relax or wind down after work or during leisure time?
- How often do you experience physical symptoms of stress, such as headaches, muscle tension, or rapid heartbeat?
- How frequently do you use relaxation techniques like deep breathing, meditation, or exercise to manage stress?
- How would you describe your current work-life balance?
- How often do you feel anxious or worried about the future?
- How do you typically respond to unexpected challenges or changes in your routine?

Sleep Quality

- How many hours of sleep do you typically get each night?
- How often do you wake up feeling rested and refreshed?
- How often do you have difficulty falling asleep or staying asleep?
- How often do you experience restless or disrupted sleep, such as waking up multiple times during the night?
- How would you rate the overall quality of your sleep over the past month?
- How often do you rely on sleep aids or medications to fall asleep?
- How would you describe your sleep environment in terms of comfort, noise, and light levels?

Muscular Health

- How often do you engage in strength training or resistance exercises each week?

- Do you experience muscle soreness or stiffness regularly, and if so, how severe is it?
- How would you describe your muscle strength and endurance in daily activities?
- Have you noticed any recent changes in muscle mass or tone?
- How often do you perform stretching or flexibility exercises?
- How well do you recover from workouts, and how long does it typically take?
- Do you have any chronic muscle pain or injuries that affect your daily life?