This survey asks you to rate your health based on a range of symptoms and conditions. Your answers give us a snapshot of your body’s toxicity level, ranging from low to moderate to high. We’ll use this survey to benchmark your progress after you start the program.

If you score less than 14 and weight loss is not a goal use the 10-day program; if you score 14 or higher and/or weight loss is a goal, use the 30-day program.

Please visit MorrisonHealth.com for more information or to take the survey online.

Point scale:
Rate the frequency of each symptom according to the following point scale.

0 – never or rarely
1 – infrequently (less than once a month) and effect is mild
2 – Occasionally (at least once a month) and effect is modest
3 – regularly (at least once a week) and effect is moderate
4 – constantly (everyday) and effect is severe

**IMMUNITY**
- **Head**
  - Dizziness
  - Faintness
  - Headaches
- **Eyes**
  - Bags/dark circles
  - Blurred/tunnel vision
  - Swollen, reddened, sticky eyelids
  - Watery/itchy eyes
- **Nose**
  - Excessive mucus
  - Hay fever
  - Sinus problems
  - Sneezing attacks
  - Stuffy nose
- **Mouth/Throat**
  - Canker sores
  - Chronic coughing
  - Frequent need to clear throat
  - Sore throat, hoarseness
  - Swollen/discolored tongue, gums, lips
- **Skin**
  - Acne
  - Excessive sweating
  - Flushing
  - Hair loss
  - Hives, rashes, dry skin

**Lungs**
- Asthma
- Bronchitis
- Chest congestion
- Difficulty breathing
- Shortness of breath

**Joints/Muscle**
- Stiffness/limitation of movement
- Feeling of weakness
- Pain/aches in joints
- Pain/aches in muscles

**NEUROLOGICAL**
- **Energy/Activity**
  - Apathy, lethargy
  - Fatigue, sluggishness
  - Hyperactivity
  - Restlessness
  - Insomnia
- **Mind**
  - Confusion
  - Difficulty making decisions
  - Learning disabilities
  - Poor concentration
  - Poor memory
  - Poor physical coordination
  - Slurred speech
  - Stuttering/stammering

**ENDOCRINE**
- **Women**
  - Genital itch/discharge
  - Hot flashes/nightsweats
  - Loss of libido
  - Painful menstrual cycle
  - Premenstrual syndrome
  - Short/long menstruation
  - Early onset of menopause
  - Fertility issues
- **Men**
  - Difficulty starting/stopping urination
  - Difficulty getting/maintaining erection
  - Loss of libido
  - Fertility issues

**WEIGHT**
- Binge eating/drinking
- Craving certain foods
- Excessive weight
- Underweight
- Water retention

**DIGESTION**
- Belching, passing gas
- Bloating
- Constipation
- Diarrhea
- Indigestion
- Intestinal/stomach pain
- Nausea, vomiting

**CARDIOVASCULAR**
- Chest pain
- Frequent illness
- Frequent/urgent urination
- Irregular/skipped heartbeat
- Rapid/pounding heartbeat
- Numbness/paresthesia

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<th>Immunity Subtotal</th>
<th>Neurological Subtotal</th>
<th>Weight Subtotal</th>
<th>Digestion Subtotal</th>
<th>Endocrine Subtotal</th>
<th>Cardiovascular Subtotal</th>
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**Toxicity level:**
- Low: 0 -14
- Moderate: 15-49
- High: 50+