## Are you inflammed?

\*

I have chronic aches and pains such as back pain, neck pain, headaches, or generalized muscle or joint pain.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I am overweight.     [www.nhlbisupport.com/bmi/](http://www.nhlbisupport.com/bmi/)

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

It is hard for me to lose weight/fat.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I can grab too much fat around my waist.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I do not exercise regularly.

|  |
| --- |
|  Strongly Agree (0 day/week) |
|  Agree (1-2 day/week) |
|  Neutral (3 day/week) |
|  Disagree (4 day/week) |
|  Strongly Disagree (>5 day/week) |

Reset



I don’t feel well when I exercise.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I have difficulty recovering from moderate to light exercise.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I am physically lethargic.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I am mentally lethargic and feel rundown and depressed more than I would like.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I get at 7-8 hours of restful sleep every night.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I am anxious most of the time.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I worry about most things.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I feel down most of the time.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I suffer from one or more of the following: Frequent cold symptoms, frequent flu symptoms,
frequent allergies, arthritis, fibromyalgia, chronic fatigue syndrome, sinusitis, acne, asthma,
digestive conditions, dysmenorrheal, endometriosis, Alzheimer’s disease, Parkinson’s disease,
multiple sclerosis, cancer, heart disease, osteoporosis, hypertension, depression, the insulin
resistance syndrome (Pre-diabetes), or diabetes.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I regularly take anti-inflammatory or anti-pain medications, such as: ibuprofen, aspirin, or
Tylenol®, or  prescription pain medications.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I regularly eat refined sugar. Including table sugar, desserts, soda, sweetened drinks, etc.  Be honest!

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I regularly eat grain products, such as: White bread, whole wheat bread, pasta, cereal, pretzels,
crackers, and any other product made with grains or flours from gains, which includes most
desserts and packaged snacks.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I regularly eat partially hydrogenated oils (trans fats) found in most margarines, fast foods, deep fried foods
(French fries, etc.) and most packaged foods.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I regularly eat corn oil, safflower oil, sunflower oil, cottonseed oil, soybean oil, peanut oil, and
foods with oils such as mayonnaise, tartar sauce, margarine, and nearly all salad dressings.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I regularly eat meat and eggs from grain-fed animals. (Regular supermarket brands).

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I regularly drink or eat dairy products in greater than condiment size.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset

I regularly consume soy or soy products, or eat them in place of fruits and vegetables.

|  |
| --- |
|  Strongly Agree |
|  Agree |
|  Neutral |
|  Disagree |
|  Strongly Disagree |

Reset



