

Do you have any of these symptoms?

- _____ Frequent and urgent urination
- _____ Increased thirst
- _____ Increased hunger
- _____ Weight gain
- _____ Feeling of weakness or tiredness
- _____ Blurred vision
- _____ Dry and/or itchy skin
- _____ Tingling or loss of feeling in hands or feet
- _____ Slow healing cuts or sores

These are the symptoms of Diabetes and Impaired Glucose Tolerance.

Or these symptoms?

- _____ Feeling shaky
- _____ Sweating
- _____ Dizziness
- _____ Weakness or overwhelming tiredness
- _____ Rapid heartbeat
- _____ Numbness or tingling in mouth or lips
- _____ Hunger

How about?

- | | |
|---------------------------------|-------------------------|
| _____ crying | _____ poor coordination |
| _____ irritability and/or anger | _____ blurred vision |
| _____ drowsiness | _____ headaches |
| _____ mental confusion | _____ slurred speech |
| _____ difficulty thinking | |

These are the symptoms of Hypoglycemia or low blood sugar.

Any of these symptoms?

- | | |
|------------------------|--------------------------|
| _____ Heartburn | _____ Weight Gain / Loss |
| _____ Acid reflux | _____ Aches and Pains |
| _____ Gas and bloating | _____ Muscle Weakness |
| _____ Indigestion | _____ Fatigue |
| _____ Constipation | _____ Stressed |
| _____ Diarrhea | _____ Depressed |

How much WATER do you drink daily? ___ Little to No ___ Less than 8–8 oz. ___ More

Do you EXERCISE? ___ Inactive ___ Moderate ___ Highly Active

How would you rate your STRESS? ___ Normal ___ Above Normal ___ Extreme

- Type Stressor: (circle) ___ Physical (such as pain, illness, heat, alcohol abuse, other drug abuse, smoking)
___ Emotional (such as family, financial, death of a loved one, divorce, work, exams, worry, anxiety)
___ Spiritual (include feelings of fear, hopelessness, despair, depression, loneliness, discouragement, regret, guilt, shame, sin, lack of faith)
___ Other: _____