

## Stages Of Health Evaluation

### STAGE 0

#### Health On Autopilot

- None of the below 28 parameters are applicable.

### STAGE 1

- 1) Habit of sleeping late at night or doing night shift work.
- 2) Sitting for 8-10 hours a day, lack of physical activity & sports.
- 3) Craving outside foods, processed and sugary foods.
- 4) No proper breakfast or skip it or eat heavy dinners.
- 5) Drinking less than 9 glasses of water in a day.
- 6) Habit of emotional/stress-eating OR fast eating OR overeating.
- 7) Fear of something – water, heights, public speaking etc.
- 8) I have a habit of overthinking or negative thinking.
- 9) I suppress my feelings/ expressions or feel bad very easily.
- 10) I cannot easily forgive or ask for forgiveness.
- 11) I don't enjoy my work/home/study environment.
- 12) I am in a toxic/unhealthy relationship or bad company.

### STAGE 2

- 1) Getting tired easily or forgetfulness.
- 2) Anger, irritation, mood swings.
- 3) Unable to sleep easily OR snoring issues.
- 4) I can fall asleep in less than 5 mins anywhere anytime.
- 5) Obesity and weight issues.
- 6) Frequent doctor visits - pains/cold/coughs.
- 7) Regular headaches, indigestion, constipation, acidity.
- 8) A habit of multitasking or struggling to focus.
- 9) Always busy, anxious, stressed, and taking tension.
- 10) Fear of imaginary illness or a feeling something is not well.
- 11) A feeling of loneliness and not being loved.
- 12) I lack enthusiasm for living life (feeling lazy).

### STAGE 3

- 1) Diagnosed with a lifestyle disease (physical or mental).
- 2) Dependency on medicines or supplements on daily basis.
- 3) History of past trauma or abuse.
- 4) Addicted to alcohol, tobacco, smoking, vaping or other drugs.