



Bioindividual Diet Self-Assessment

What words come to mind when I think of an ideal diet/health?

What are my top 3 health priorities?

- 1.
- 2.
- 3.

What are the 3 most healthy foods I currently eat?

- 1.
- 2.
- 3.

What are the 3 most unhealthy foods I currently eat?

- 1.
- 2.
- 3.

What foods do I want to eat more of?

What foods make me feel best?

Which foods make me feel worst?