



Nutrition & Wellness Center

820 Ebenezer Church Rd. Shaprsburg, Ga. 30277

770-683-9202

NAME: _____

Do you experience any of the following:	Yes	No
Have racing thoughts?		
Difficulty falling asleep?		
Waking between 2-4am?		
Heart palpitations?		
High blood pressure?		
Light headed on standing?		
Fatigue all the time?		
Sleeping 8-9 hours straight but waking up exhausted?		
Cravings for fatty foods such as cheese, nuts, chips or alcohol?		
Craving for chocolate and sweets?		
General food craving, no specific food but is never satiated, difficulty not eating after dinner?		