

DON'T SWEAT IT...

Your Guide to Surviving
Perimemopause

Leslie Andrews
Certified Integrative Nutrition
Health Coach



STARTER KIT INCLUDES

PERIMENOPAUSE QUIZ

TIRED? MOODY? NOT FEELING
QUITE LIKE YOURSELF THESE DAYS?
IT COULD BE PERIMENOPAUSE. TAKE
THIS QUIZ TO FIND OUT.

8 TIPS TO HELP YOU FEEL BETTER NOW

LEARN 8 SIMPLE TIPS TO MANAGE
YOUR SYMPTOMS AND FEEL YOUR
BEST.

7 DAY HEALTHY HABIT TRACKER

TRACKING YOUR PROGRESS EVERY DAY
IS A GREAT WAY TO START SOME
HEALTHY HABITS & WILL SET YOU UP
FOR SUCCESS!

DON'T SWEAT IT

NOT SURE IF YOU HAVE A PROBLEM WITH
PERIMENOPAUSE?
TAKE THE QUIZ TO FIND OUT!

OPTION 1 = 1 POINT; OPTION 2 = 2PTS; OPTION 3 =3PTS

#1 I WOULD DESCRIBE MY SLEEP AS:

- I SLEEP LIKE A BABY ALL NIGHT
- I OCCASIONALLY WAKE UP ONCE OR TWICE
- I FREQUENTLY TOSS & TURN AND CAN'T GET BACK TO SLEEP

#2 I WAKE UP FEELING:

- RESTED AND READY TO FACE THE DAY
- SLEEPY, I USUALLY HIT SNOOZE A FEW TIMES
- EXHAUSTED - DO I HAVE TO GET UP?

#3 I WALK INTO A ROOM & FORGET WHY I'M THERE

- NEVER
- ONCE IN AWHILE
- FREQUENTLY



#4 I FEEL LIKE I'M WALKING AROUND IN A FOG

- NEVER
- ONCE IN AWHILE
- FREQUENTLY

#5 I EXPERIENCE HOT FLASHES

- NEVER
- ONCE IN AWHILE
- FREQUENTLY

#6 I EXPERIENCE NIGHT SWEATS

- NEVER
- ONCE IN AWHIILE
- FREQUENTLY

#7 I EXPERIENCE FEELINGS OF ANXIETY

- NEVER
- ONCE IN AWHILE
- FREQUENTLY



#8 MY MOODS ARE GENERALLY

- GOOD - EVEN TEMPERED
- OK - I'M EASILY IRRITATED
- NOT GOOD - I FEEL LIKE I'M ON AN EMOTIONAL ROLLER COASTER

#9 MY STRESS LEVELS ARE USUALLY

- LOW - I DON'T HAVE MUCH STRESS
- MODERATE - LIFE CAN BE HECTIC
- HIGH - I'M OVERWHELEMED MOST OF THE TIME

#10 I EAT PROCESSED FOODS

- NEVER
- ONCE IN AWHILE
- FREQUENTLY

#11 I EXPERIENCE DIGESTIVE ISSUES (CONSTIPATION, DIARRHEA)

- EVERY NOW AND THEN
- FEW TIMES PER MONTH
- WEEKLY



#12 I EXPERIENCE BLOATING

- NEVER
- ONCE IN AWHILE
- FREQUENTLY

#13 I WORKOUT...

- AT LEAST 3X/ WEEK
- OCCASSIONALLY WHEN I FEEL LIKE IT
- WORK OUT? WHO HAS TIME?

#14 I SUFFER FROM JOINT PAIN

- I DON'T EXPERIENCE JOINT PAIN
- SOMETIMES IT DEPENDS ON WHAT I'M DOING
- I FEEL SORE MOST OF THE TIME

#15 I WOULD DESCRIBE MY CURRENT WEIGHT AS:

- I'M COMFORTABLE WITH MY WEIGHT
- I WOULD LIKE TO LOSE 5-10LBS
- I CAN'T SEEM TO LOSE WEIGHT NO MATTER WHAT I TRY



ALL DONE!

ADD UP YOUR POINTS FROM ALL 15 QUESTIONS
AND USE THE GUIDE BELOW
TO FIND OUT YOUR RESULTS!

- 1st option = 1 point
- 2nd option = 2 points
- 3rd option = 3 points



QUIZ RESULTS

IF YOU SCORED BETWEEN **15-24** POINTS

Great Work! It seems like you are doing really well and on a healthy path. Good for you for prioritizing your health. Of course, we can always take our health to the next level or perhaps you have a concern that was not highlighted by this quick quiz. Feel free to book a call with me to discuss and also check out the tips below. Well done!



QUIZ RESULTS

IF YOU SCORED BETWEEN **25 - 34** POINTS

CAUTION: Your body is giving you early warnings...pay attention! It is still early but it is important at this stage to map out a corrective course of action to alter the trajectory of these little warnings if left unchecked. Increasing awareness about what is going on is a great starting point. Good for you! You are in the right place. Book a time on my calendar below and let's look at your unique situation and see what are some of your best next steps to increase your health and vitality.




QUIZ RESULTS

IF YOU SCORED MORE THAN **36** POINTS

RED ALERT!!!! Things have progressed perhaps farther than you may have realized. That is likely why you took this quiz in the first place. The great news is there ARE things you can do to dramatically improve your health and quality of life. You may be looking for greater energy, improved mood and balanced hormones so that you can achieve your ideal weight, performance and relationships. Each of us is unique. Book your complimentary consultation as part of this starter kit and let's look at the specifics of what circumstances might be presenting challenges to getting your results. While you are waiting for your customized consultation, check out the tips below. Looking forward to connecting with you so that you can have the health, energy and vitality to actively enjoy the life that is waiting for you to live.



QUIZ RESULTS



DO YOU WANT TO DECREASE YOUR
STRESS LEVEL, LOSE THE EXCESS
WEIGHT AND RECOVER YOUR ENERGY
AND MENTAL CLARITY?

BOOK YOUR FREE HEALTH
CONSULTATION TO DISCUSS YOUR QUIZ
RESULTS AND DIVE DEEP INTO YOUR
POSSIBLE NEXT STEPS!



[CLICK HERE TO BOOK NOW](#)

8 TIPS TO GET YOU STARTED

1
DRINK 8 GLASSES
OF WATER PER
DAY
(64OZ)

2
GET 7-9 HOURS OF
SLEEP A NIGHT.

3
LIMIT CAFFEINE
AND ALCOHOL

4
REDUCE SUGARY
AND PROCESSED
FOODS

8 TIPS TO GET YOU STARTED

5
GO FOR A WALK
OR TRY YOGA-
30 MINUTES
3X THIS WEEK

6
PRACTICE DEEP
BREATHING
EXERCISES

7
AVOID EATING 3
HOURS BEFORE
BEDTIME

8
MEDITATE FOR 10
MINUTES EACH
DAY TO START

7 DAY HEALTHY HABIT TRACKER

Print off the ***7 Day Healthy Habit Tracker*** on the following page. Using the ***8 Tips to Get You Started*** that are listed on the pages above, keep track of which tips you are implementing in your daily routine throughout the week. Use the "Notes" section to make reflections throughout the week in regards to which tips you are implementing, what tips seem to help you the most, etc... You can also keep track of questions you have that we can discuss on your complimentary consultation.



NOTES:

NEED ASSISTANCE?



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