



Revitalize Digestion Readiness Self-Assessment

On a scale of 1 (not willing) to 5 (very willing) to achieve your health goals, how willing are you to:

Follow the RD Program diet for at least 21 days?

1 2 3 4 5

Take the required RD Program supplements for at least 21 days?

1 2 3 4 5

Modify your lifestyle (i.e., sleep, exercise, relaxation)?

1 2 3 4 5

Do you have the support of household members, friends and family?

1 2 3 4 5

How confident are you in your ability to make changes to your diet, water consumption, exercise/movement, supplements, and/or lifestyle?

1 2 3 4 5

If you are not very confident in your ability to make changes or to get the help you need to make changes, what obstacles do you foresee?

Please feel free to give me a ring for a free 15-minute consultation at 415-722-5011 or email the results and any questions to melissa@mfc-nutrition.com. I look forward to meeting you.

