

DIGESTIVE HEALTH SELF-CHECK

How is your body communicating with you?

Digestive health isn't just about what you eat—it's about how your body responds to daily habits, stress, and lifestyle. This simple self-check is designed to help you pause, reflect, and become more aware of how your digestive system may be functioning based on your everyday experiences. There are no right or wrong answers—just an opportunity to listen a little more closely to your body.

For each statement, choose the answer that best reflects your experience on a regular basis (most days or most weeks). Circle "Yes", "Sometimes" or "No" for each statement below. Give yourself 1 point for each "Yes" and .5 points for each "Sometimes."

| Daily Experience | Yes | Sometimes | No | Score |
|--|-----|-----------|----|-------|
| 1 I feel bloated or uncomfortable after eating | Yes | Sometimes | No | _____ |
| 2 I often feel sluggish or low in energy | Yes | Sometimes | No | _____ |
| 3 I experience gas regularly | Yes | Sometimes | No | _____ |
| 4 I feel overly full or heavy after meals | Yes | Sometimes | No | _____ |

| Bowel Habits | Yes | Sometimes | No | Score |
|--|-----|-----------|----|-------|
| 5 I do not have a bowel movement at least once per day | Yes | Sometimes | No | _____ |
| 6 My bowel movements are inconsistent (varying form/frequency) | Yes | Sometimes | No | _____ |
| 7 I strain or feel incomplete after a bowel movement | Yes | Sometimes | No | _____ |

| Lifestyle & Habits | Yes | Sometimes | No | Score |
|--|-----|-----------|----|-------|
| 8 I often eat quickly or while distracted | Yes | Sometimes | No | _____ |
| 9 I feel stressed while eating or throughout the day | Yes | Sometimes | No | _____ |
| 10 I don't always chew my food thoroughly | Yes | Sometimes | No | _____ |
| 11 I regularly eat processed or convenience foods | Yes | Sometimes | No | _____ |
| 12 I don't consistently stay hydrated throughout the day | Yes | Sometimes | No | _____ |

YOUR SCORE: Add your total: 1 point for "Yes" and .5 points for "Sometimes." _____

RESULTS INTERPRETATION

0-3 Points

Your digestive health appears to be well-supported. Continue your current habits and stay mindful of your body's signals.

3.5-7 Points

Your digestion may have some room for improvement. Small, consistent changes in daily habits can make a meaningful difference.

7.5-12 Points

Your digestive system may benefit from additional support. Your body may be signaling that it needs attention and care.

If many of your answers were 'Sometimes,' your body may be showing early signs that support could be beneficial.

Your body is always communicating with you.

This self-check is simply a starting point to help you become more aware of what your body may be telling you.

If you'd like support in understanding your results and exploring next steps, we're here to help.

Bring this completed form to your appointment

📞 215.968.9000

🌐 innerspa.org | agasarfamilwellcare.com

