

The logo for IM120, with 'IM' in blue and '120' in orange. Below the 'IM' is a grey heart rate line with a medical cross at its end.

1=neverexperience10=always

[illegible]

Progesterone

[illegible]

Testosterone

[illegible]

Thyroid

Symptom	1=neverexperience10=always									
	1	2	3	4	5	6	7	8	9	10
Are you sensitive to cold?										
Do you suffer from cold hands and feet?										
When you wake, do you have a puffy face and swollen eyelids?										
Do you put weight on easily?										
Do you have dry skin?										
Do you have trouble getting up in the morning?										
Do you suffer from constipation?										
Do you wake with morning stiffness?										
Do you feel like you are walking through mud?										
Have / do you have fibromyalgia?										
Are you nervous?										
Are your muscles cramping?										
Do you feel weak?										
Have you lost weight recently?										
Are you loosing more hair than you feel is normal? Head,eyebrows.										
Are you having any changes in your vision?										

Our experienced Life Extension Educators and Physicians will look over your answers and develop an individual plan based on your needs. Periodically we will ask you to do this questionnaire again during to see which areas have improved and which areas we need to improve upon.

Name _____

Date: _____