



Women & Nutrition

I Do All The Research So You Don't Have To



Lifestyle Analysis Instructions

Dear Amazing Woman,

Congratulations on starting to take responsibility for your own health.

I would personally like to welcome you to a systems approach to natural health!

Lifestyles reflect personality and philosophies of living which greatly influence well-being. The aim of this lifestyle analysis questionnaire is to give you an idea of how you are managing your well-being.

Through the results of this lifestyle analysis I can custom make a supplemental program around the Sportron Foodstate™ range of products.

Here's How To Do It

Complete the analysis by ticking the unshaded boxes only when the statement applies to you. Should you for example feel tired, you should tick boxes 1,2,4,5 and 8. Should the statement not apply to you, the unshaded boxes are left unticked.

After you have completed your analysis, total the number of ticks in each vertical column. Enter the total in the empty boxes at the bottom of the page. Compare your totals with the table.

If you would like me to develop a supplementation program for you then you can e-mail me at alison@women-n-nutrition.com with your results. When you try to e-mail me at this address please look out for an e-mail that says undelivered. This is because I have very high spam protection on this e-mail address. All you have to do is click on the link on the returned e-mail and I will receive your mail.

If you live in South Africa you can shop online for the recommended products at www.itsyourlife.sportron.co.za (make sure it says Alison Jones's website in the top corner, this will make sure that you receive my personal attention)

If you live anywhere else in the world I carry stock of the Sportron FoodState range of products and can deliver anywhere in the world. Just contact me via my e-mail address.

To Your Health and Happiness

Ali Jones

