

**Do you feel tired and weak?**  
**Do you experience headaches?**  
**Do you have poor concentration?**  
**Do you experience palpitations?**  
**Do you have a sore tongue?**  
**Is your skin unusually pale?**  
**Are you a vegan?**

**Do you experience energy highs and lows?**  
**Do you struggle to lose abdominal fat?**  
**Do you crave sugar or carbohydrate?**  
**Do you rely on caffeine or sugar to keep going?**  
**Do you frequently skip breakfast?**  
**Do you leave long gaps between meals?**

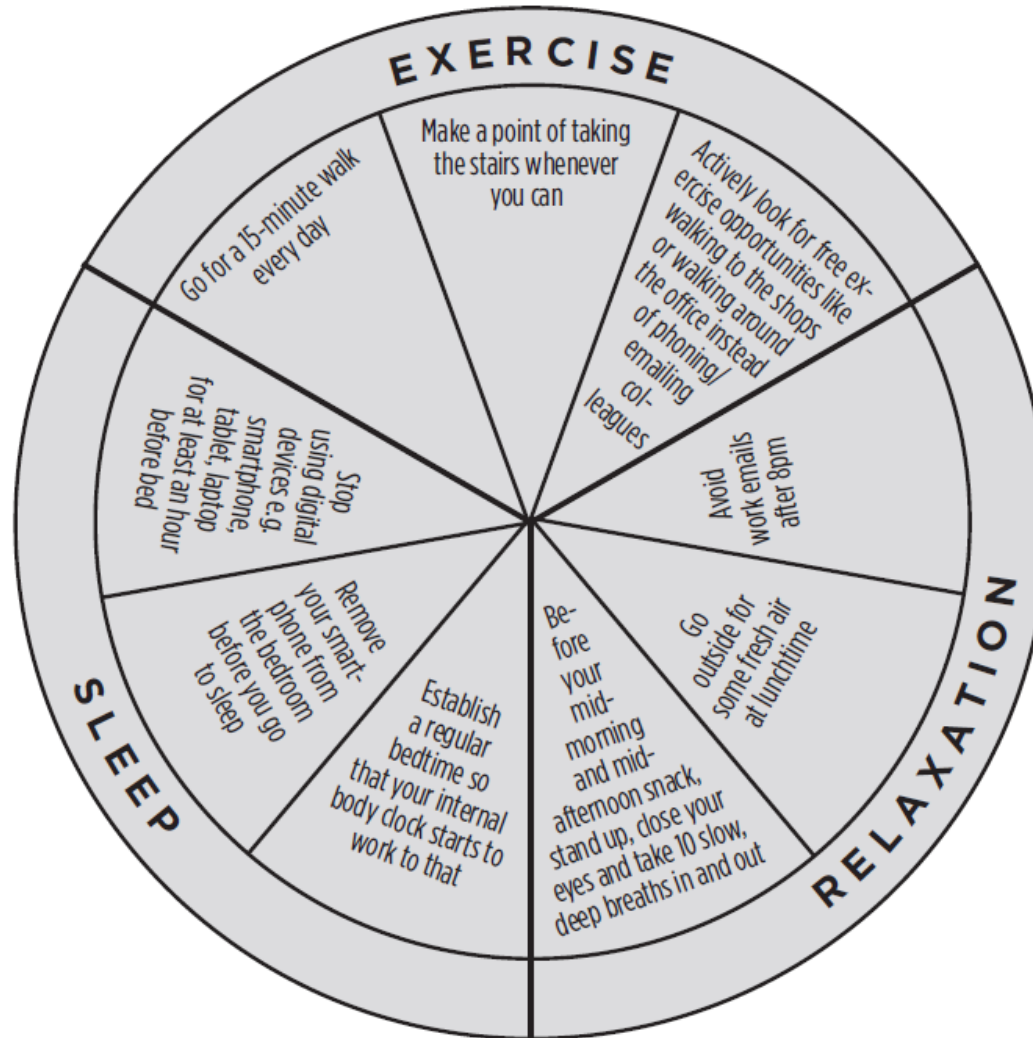
**Do your muscles and joints ache?**  
**Do you have a twitchy eyelid?**  
**Are you constipated?**  
**Do you struggle to switch off?**  
**Do you feel unusually anxious or irritable?**  
**Do you find it hard to go to sleep?**

**Do you have bone pain, back pain or muscle weakness?**  
**Do you struggle with insomnia?**  
**Do you have unexplained fatigue?**  
**Do you have repeated colds or infections?**  
**Do you suffer from low mood/depression?**  
**Do you get Seasonal Affective Disorder?**  
**Are your wounds slow to heal?**

## Meal Planning

Breakfast	Lunch	Snacks	Dinner

# The Wellbeing Wheel



From *Va Va Voom: The 10-Day Energy Diet* by Jackie Lynch (Headline, 2016)

	What?	How?
<b>Balance</b>	Your blood sugar	Eat a combination of protein and fibre with every meal and snack
<b>Boost</b>		
<b>Boost</b>		
<b>Banish</b>		
<b>Behaviour</b>		