

Self-Assessment

We recommend you establish a baseline on your journey to greater control and command of your male essence. We suggest you revisit this questionnaire weekly to progress your changes.

Important: We Do Not collect or store your personal data/information below. This is for you to establish your own private baseline and for monitoring your progress.

Your Primal Baseline: How Do You Feel Today?

Answer these 7 questions to track your journey. At a minimum, reassess in 4 weeks to see your progress with Get A Grip!

1. What is your current weight?
(Kilos/Pounds): _____
2. When did you last exercise no matter whether a walk or an intense work out? Date: _____
3. Please rate how healthy, you think your diet is?
Circle: 1 (Not healthy) 2 3 4 5 (Very Healthy)
1. 2. 3. 4. 5.
4. How much sugar do you think you consume every day?
Circle: 1 (Too Much) 2 3 4 5 (Very little)
1. 2. 3. 4. 5.
5. Banaba (the active herb in LEAN) lowers blood sugar. For the first week you may experience slight dizziness as you adjust to the lower sugar levels. Have you noticed any lightheaded sensation or dizziness? Circle: 1 (Not at all) 2 3 4 5 (Yes often)
1. 2. 3. 4. 5.
6. How would you rate your overall sense of vitality and power?
Circle: 1 (Drained) 2 3 4 5 (Powerful)
1. 2. 3. 4. 5.
7. How clear and confident do you feel in your mental focus?
Circle: 1 (Foggy) 2 3 4 5 (Sharp)
1. 2. 3. 4. 5.