



# The 4 Pillars Vitality Assessment

Test the Stability of Your Future Health Pre-and Post Menopause

Your answers here reflect a starting point to understanding your Doshas and returning your body to its natural set point determined at birth.

Balancing your Doshas is key to your health and vitality in all aspects of your life - mental, physical and emotional, especially at midlife and throughout menopause as you face the challenges of upheaval and change whilst living your busy life.

**Complete the quiz and follow the link on the following page to collect your results.** (Print out these pages or note your true/false result separately)

Answer true or false to the following questions.

## Section one:

True False

- I am sure that I eat healthily every day
- I eat 5 -10 fruit and vegetables per day
- I seldom drink alcohol (less than 3 units per week)
- I avoid fizzy drinks and commercial fruit juices
- I exercise regularly, minimum 3x times per week for 30mins
- I drink 2 litres of water per day
- I cook food from scratch daily
- I seldom eat out or have take-out/take-aways
- I always read food labels and understand what I am eating

## Section two:

True False

- I don't have enough time for myself
- I can be irritable, feel overwhelmed or resentful
- I often feel that I have taken on too much
- I can't take much time off from work
- I work when I am on holiday
- I seldom take a proper holiday
- I can never sit still for long
- I have trouble with bloating and gas
- I find it hard to focus/ have short attention span

### Section three:

True False

- I reach out & interact with others daily
- I spend quality time with family and friends
- I sleep between 7-8 hrs at night
- I wake easily in the morning, rising with or before my alarm
- I eat breakfast and lunch and a small meal at night
- I go to bed before 11pm
- I find quiet time for myself every day
- My digestion is trouble free and regular
- I eat my main meal before 7pm

### Section four:

True False

- I am often tired in the morning and awake at night
- I drink coffee to keep going or to give me a boost
- I snack on sweet foods
- I find carbohydrate-rich food or alcohol comforting
- I have busy thoughts at night that keep me awake
- I look at my laptop or smartphone in bed
- I find it hard to say no to people even though I'm tired & busy
- I find myself shouting at others easily over little things
- I don't seem to laugh so much; I have lost my joy

**When finished note the number of true/false answers for each section-**

**Then go [HERE](#) for your results**