

TOOLS FOR MEASURING SUCCESS

HEALTH APPRAISAL QUESTIONNAIRE

Plot your state of health onto a graph. Whilst the outcome can be shocking, there's nothing like a picture to speak 1000 words!

An excellent tool, based very simply on a questionnaire. Find out whether or not the paramedics should be called for and how soon. Just like a traffic light, green indicates 'all systems go'; orange 'caution' and red 'stop what you're doing this instant'.

Advice is given, based on the outcome of the graph (start worrying when we roll out coffin catalogues). This questionnaire can be repeated again and again, in order to plot either your progress or your demise.

RECORD KEEPING

Tools for keeping records along the way are seriously comprehensive and include the 'diet check record' sheet (Hell, did I really eat all that in one day?), a 'macro-nutrient symptom' sheet (Why do I always feel so grouchy after breakfast? Is it my wife, or perhaps my Cornflakes?) and a 'circadian rhythm indicator' sheet (Ok, I could eat a horse right now, but there's only a hamster available: what should I do?).