3 QUESTIONS TO START...

- What do you eat and drink in 2 days?

Make a list, be sure to include everything.

- **How you feel generally during the day?**

Choose one of the option and explain further.

1.generally tired,low in energy.
2.good but high and lows in energy and mood
3.full of energy and mostly balanced during the day

- **What motivates you to change?**

Write me your answer at my email:
info@danieleleggio.it
Take your time to reply completly, it will help me to know you better.