

HEALTH AND HAIR ASSESMENT QUIZ

1 Which best describes your scalp condition?

- 0pts) Flakiness, redness, inflamed, dandruff
- 1pt) Some irritation, occasional redness, sensitive
- 2pts) Only occasional dryness
- 3pts) Balanced moisture, no signs of dryness/irritation

2 Are you experiencing any hair loss?

- 0pts) Experiencing baldness, visible receding hairline
- 1pt) Moderate hair loss/increased shedding when brushing/washing
- 2pts) Occasionally
- 3pts) Never

3 Which Best Describes Your Hair Texture:

- 0pts) Dry, breaks easily, frizzy, lacks shine, will not grow
- 1pt) Manageable but still experiencing some breakage
- 2pts) Balanced moisture, not too oily or dry, no frizz
- 3pts) Shiny, smooth, strong, and with excellent moisture balance.

4 Which best describes your skin condition

- 0pts) Extremely dry/dehydrated causes discomfort
- 1pt) Skin is consistently dry with occasional adult acne
- 2pts) Skin is balanced, but can be slightly dry at times.
- 3pts) Skin is hydrated, smooth, and radiant. Consistent skin care routine.

5 How often do you exercise?

- 0pts) Never regularly, rarely engage in physical activity
- 1pt) Infrequently, occasionally participate in physical activities
- 2pts) Regularly, aim to stay active, work out when I can.
- 3pts) Consistently, make physical activity, a daily priority in routine

6 Which best describes your diet?

- 0pts) Processed foods, sugary snacks, and fried items. Rarely consume fruits/vegetables. Often skip meals or opt for unhealthy options.
- 1pt) processed foods and sugary treats more often than should. Try to incorporate fruits and vegetables into my meals
- 2pts) Balanced diet with whole foods and occasional treats, emphasizing fruits, vegetables, and lean proteins. Sweets and snacks in moderation, prioritizing portion control.
- 3pts) Whole unprocessed foods like fruits, vegetables, lean proteins, and whole grains, ensuring balanced meals with essential nutrients. Drink plenty of water daily.

7 How would you rate your stress level?

- 0pts) Extremely stressed, overwhelmed/ununable to cope with pressure.
- 1pt) I'm highly stressed, struggling to manage responsibilities ,feel tense
- 2pts) Moderately stressed, feeling pressure but able to handle most tasks.
- 3pts) Very relaxed, calm and content w/ minimal stressors affecting me.

8 How many hours of sleep do you get on average per night?

- 0pts) I sleep very little, often getting less than 4 hours of sleep per night
- 1pt) I sleep insufficiently, averaging around 5-6 hours of sleep per night.
- 2pts) I get a fair amount of sleep, usually around 6-7 hours per night.
- 3pts) I sleep soundly, ensuring I get at least 8 hours of sleep per night.

9 What Is Your Daily Water Intake?

- 0pts) Hardly/never drink water throughout the day
- 1pt) Drink minimal water, only when thirsty or with meals.
- 2pts) Consume water, but intake is below recommended amount
- 3pts) Well-hydrated, drink plenty of water consistently

10 Do any of the following apply to you?

- 0pts) Menopause(Women) / Andropause(Men)
- 1pt) Postpartum/Perimenopause
- 1pt) Hypothyroidism/Hyperthyroidism
- 3pts) Not Applicable

HEALTH AND HAIR ASSESMENT QUIZ

25-30 points- My hair and skin are healthy-- I could benefit from collagen as a maintenance.

15-24 points- My hair and skin need some help. Taking collagen would help to boost me to meet my goals.

0-14 points- My hair and skin and dry and brittle and need a turn around. I would benefit greatly from daily use of collagen.

