



nikken wellness home

lifestyle evaluation

Name _____

Address _____

City _____ State/Prov., _____ Zip/Postal Code _____

Home Phone _____ Work Phone _____

Cell Phone _____ Fax Number _____

Birth Date ____/____/____ E-mail Address _____

Sleep

1. Are you able to fall asleep quickly?
 Yes No
2. How many hours do you sleep each night (average)?
3. In what position do you sleep?
 Back Side Stomach
4. How long have you had your present mattress?
Years _____ Months _____
5. What size is it?
 Twin Full Queen King Cal King
6. How firm is it?
 Hard Firm Soft
7. Do you like this degree of firmness?
 Yes No
8. If not, which would you prefer?
 Hard Firm Soft
9. Do you toss and turn during the night?
 Yes No
10. Do you wake feeling refreshed and ready to go?
 Yes No
11. During the day, how do you feel?
 Alert and energized Fatigued
12. Do you have trouble falling asleep because of too much light?
 Yes No

13. Do your eyes look tired if you haven't slept well?
 Yes No
14. Do you tend to feel too cold or too hot during sleep?
 Yes No

If your answers to two or more of the above questions suggest you're not getting the quality sleep you need — find out how the Nikken Kenko™ Dream Sleep System can help you!

Nutrition

1. Do you take any nutritional supplements regularly?
(Check those that apply.)
 Multi-Vitamin/Mineral Joint support
 Men's/Women's specific formula Digestion support
 Fiber Sleep aid
 Antioxidant Memory
 Liver detox Fat burner
2. Do you eat nutrition bars?
 Yes No

Are you sure you're getting the nutrients you need? Nikken has a system of targeted nutrition that can help ensure your family gets the vitamins, minerals and necessary for good health. Feel the difference good nutrition makes!

(See the Nikken Nutritional Booklet for targeted questions that can help you custom-design a Nikken Bio-Directed Nutri-Technology™ supplement program.)

Water

1. Does your tap water taste good?
 Yes No
2. Do you drink filtered water?
 Yes No
3. Do you drink bottled water?
 Yes No
4. Do you use a shower filter?
 Yes No

Whether your household water is from a city supply, a well, ground water — or you prefer bottled water — there is a better alternative. Nikken PiMag™ water technology gives you water you'll enjoy!

Comfort, Support & Massage

1. Have you ever had a massage?
 Yes No
2. Do you experience tension in your back, shoulders or neck?
 Yes No
3. Do you experience foot discomfort?
 Yes No
4. Do you experience any joint discomfort?
 Yes No If so, where?
5. Do you spend a good deal of time seated (i.e., at work or driving)?
 Yes No

If you experience tension, sore muscles — or have ever benefited from an invigorating massage — you know that better comfort and support can be yours. Ask about the Nikken Sleep System, Magsteps® and Magstrides™ insoles, Elastomag® and KenkoTherm™ support wraps.

Important Information

1. If a customer uses an electronic device, such as a pacemaker, that person should not use the MagCreator, the KenkoPad®, or any products containing magnetic components.
2. Women in the first trimester of pregnancy, or anyone who has a health problem or an implanted medical device should first consult their physician before using any products containing magnetic components.
3. Do not place any products containing magnetic components in direct contact with magnetically sensitive items such as watches, audio/videotapes, credit cards, portable electronic equipment, etc.
4. If the wellness consultant or customer is experiencing back pain or other health concerns, do not perform the rollout. Consult a physician or other accredited health professional.
5. Nikken wellness consultant should avoid offering any advice to prospects that could be construed as a diagnosis.

Skin Care

1. Are you concerned about the appearance of your skin?
 Yes No

If you would like to improve the appearance of your skin, you can — and give it the care that can make your skin healthier, too. Nikken offers unique, patented technology for helping your skin look and feel more youthful and vibrant.

Fitness

1. Would you like to lose weight?
 Yes No
2. Do you have time to exercise?
 Yes No
3. Do you get cardiovascular (heart healthy) exercise?
 Yes No

If like many people, you'd like to lose weight, strengthen and tone muscle, or improve your chance of enjoying a longer and healthy life, Nikken has fitness products that can make exercise and weight loss part of your daily routine!

Health Concerns

1. Do you have a pacemaker or other implanted electronic device?
 Yes No
2. Are you pregnant?
 Yes No If so, due date? _____
3. Do you have any specific concerns about your back or your general health?
 Yes No Explain:

Nikken has an entire line of items designed to promote a healthier, happier lifestyle. They're part of the Nikken Wellness Home — an environment that helps you and your family live better.

Creating your own Wellness Home is simple — and can be life-changing. Ask your Nikken Independent Wellness Consultant for details.