



DR. TAZ ^M_D
INTEGRATIVE MEDICINE

FAMILY HEALTH JOURNAL

Introduction

Tracking your family's health is its own superwoman struggle- even when we know a lot, trying to manage everyone's diagnosis, medications, supplements and additional needs can feel like a full time job. Trust me- I am right there with you. I have to keep notes on everyone and keep referring back to them to keep everyone that I care for on track.

In an attempt to organize all of us, I created this family health journal. I have been sometimes shocked when I miss issues in our family, just because there are too many things pulling at me in any given moment.

It is my hope that this journal will help to organize you (and me) as we continue to care for the people we love.

FAMILY SCREENING

I suggest checking in weekly with your loved ones and screening for the following and using the scoring method to document in the chart below. Maybe scale or rate them from 1-5, with 5 being the most optimal, 1 being struggling daily.

- 5- optimal, consistent, stable
- 4- variable depending on the month or life issues
- 3- average- weeks are split between good day and bad days
- 2- low- struggling more often than not
- 1- daily challenges, severely impacting quality of life

Energy

Energy is so hard to quantify but in Chinese medicine, the concept of Qi or overall energy was critical and determined your life force. This life force was how you planned and lived your life- some had more qi than others, some needed to build their qi- regardless, energy came first.

Questions to ask include:

1. Where is your loved ones energy- are they ready to conquer the world or does it just feel like too much?
2. What brings them energy and what depletes it?
3. What is one way you can call their attention to this?

Mood

Our current mental health crisis means that one of us is always dealing with at least one family member with a mental health issue. But staying on top of their moods is key to averting a mental health crisis. Are they sad? Withdrawn? Angry? Or constantly isolating themselves?

Look for the telltale signs, hiding in the bedroom, not wanting to participate in activities, and just an overall negative mindset- these are all early mental health issues I see frequently.

I am hoping this journal will help to stay on top of this escalating issue for family members of all ages.

Sleep

Changes in sleep patterns are an easy way to pick up on energy and mood shifts as well- sleeping too much or too little, wanting naps, or shifting sleeping patterns to staying up all day and sleeping all night are all tell tale signs. Tracking sleep patterns is one way to quickly identify other health challenges as well.

Appetite

This is a big one- especially for our teens. Meal avoidance, overeating, binge eating- all of these are signs- quiet ways of talking to us about the overall health and wellness of our loved ones. With everyone on a perpetual diet, not eating, or getting super picky about what to eat can be easily dismissed as trying to be "healthy" when in actuality, its a sign of depression or anxiety.

Overeating is a sign too- of excessive stress, depression, anxiety or not getting fulfilled in some other aspect of life. We have to intervene, as I have learned. If we stay too quiet for too long there are significant health repercussions. Approaching this topic is so hard, but I think it starts with understanding who you are dealing with it, their motivations and triggers and then devising a plan to get help.

Weight

If you are looking for a tangible way to understand health and wellness in your family, weight is a marker for sure - underweight or overweight, both are issues that tie back to mental health, energy and mood - but become physical and medical issues ultimately. Either side of the weight spectrum results in hormone imbalances, gut issues, nutrient profiles and cardio metabolic health- and so much more.

Gently tracking weight- by maybe observing (not asking) every 3-4 weeks may help gauge a loved one's overall wellness.

NEXT, LETS CREATE A HEALTH ID OR FOOTPRINT FOR EACH MEMBER.

DATE _____ FAMILY MEMBER _____

EXISTING DIAGNOSIS

MEDICATIONS

RECENT LABS& DATE/ DOCTORS/
THERAPISTS (ADD CONTACT INFO)

SUPPLEMENTS

DATE OF LAST PHYSICAL (INCLUDE
HEARING, VISION, DENTAL, GYN)

I would use both of these logs to help identify your family member's needs and health gaps. For example, when were last labs done, are all doctors appointments up to date, are medications taken and getting refilled?

THE POWERTYPE SOLUTION

Finally, to help with general family health motivation-meaning keeping everyone on track without nagging 24/7, understanding your child's powertype as well as that of your partner can help with communication and connection. If you have not taken these tests, go ahead and identify the Powertypes below and fill out their strengths and weaknesses and preferred communication and motivation styles.

My hair is best described as:

	Score:
Thin & sparse	+1
Thin but of average volume	+2
Medium volume	+3
Falling out; I am losing hair	+4
Full and abundant volume	+5

My hair is typically:

	Score:
Dry	+1
Dry with areas of oiliness (such as the central scalp)	+2
Slightly oily (I need to wash daily)	+3
Oily on the scalp with dry, brittle ends overall	+4
Luxuriant and shiny (I can wash every 3 or 4 days)	+5

My skin is usually:

	Score:
Dry and quick to wrinkle	+1
Oily with areas of dryness	+2
Oily	+3
Dry with patches of oiliness	+4
Moist and firm	+5

When I touch or pull my skin:

	Score:
It feels dry and rough	+1
There are areas of roughness	+2
It is moist and oily, with breakouts	+3
It is dry and irritated or inflamed	+4
It is moist and responds to pressure easily	+5

My body build is best described as:	Score:
Slender and/or thin	+1
Thin with some muscle	+2
Medium with good muscle tone	+3
Thin to medium with some muscle loss	+4
Medium to large, with areas of fat deposition	+5

My weight:	Score:
Remains consistently low (I am lean and have trouble gaining weight)	+1
Fluctuates (I gain or lose easily)	+2
Is fairly consistent as long as I work out	+3
Decreases when I'm stressed or overworked	+4
Is stubborn (I gain easily and tend to be overweight)	+5

My energy is:	Score:
Irregular—I alternate between high highs & low lows	+1
Consistent, but I occasionally crash or become overwhelmed	+2
Consistently positive (I feel on top of the world!)	+3
Low—I have trouble getting going	+4
Just okay—I have more days of feeling low energy than high	+5

In terms of sleep patterns:	Score:
I am up all night—I do my best work at night.	+1
I am up super early in the morning, before everyone else—I hear the birds!	+2
I am awake as the day breaks, usually the same time every morning.	+3
I need more sleep than I did in the past and am often in bed before everyone else.	+4
I always oversleep—it's tough getting out of bed, even though I sleep through the night.	+5

I typically go to sleep:	Score:
Past midnight	+1
Between 11 p.m. and midnight	+2
Between 10 p.m. and 11 p.m.	+3
No later than 10 p.m., and sometimes earlier	+4
In bed by 10 p.m. or before.	+5

When I do have trouble with sleep, it is most often because:	Score:
My mind is restless and anxious.	+1
I worry about my to-do list and that my tasks won't get done.	+2
I stay up too late trying to get too much done before bedtime.	+3
I don't feel rested in the morning. I feel drained and can't get caught up because I'm too tired.	+4
I wake up wanting to stay in bed all day. I either procrastinate or lack motivation.	+5

My thinking patterns are:	Score:
Erratic. I have trouble focusing and sustaining thoughts.	+1
Sharply unfocused. I can do many tasks at once but have to train my brain to stay on task.	+2
Razor sharp. I am usually on point and able to finish my to-do list.	+3
Densely hazy. I often feel brain fog or overly burdened.	+4
Periodically foggy. I can forget things occasionally.	+5

My belly issue is:	Score:
Bloating, gas, and diarrhea	+1
Occasional discomfort	+2
Abdominal pain or constipation	+3
Occasional constipation or diarrhea	+4
Abdominal weight gain, indigestion, bloating	+5

I am:	Score:
Frequently cold or easily chilled	+1
Occasionally cold or chilled	+2
Usually comfortable, but sometimes warm	+3
Someone who fluctuates between being cold and hot	+4
Easily overheated	+5

My cycles are:	Score:
Irregular or non-existent	+1
Regular but light	+2
Regular	+3
Irregular but heavy	+4
Very heavy - I sometimes see clots	+5

I can best describe my overall mood as the following:	Score:
I am usually anxious and nervous.	+1
I am prone to anxiety, but only when stressed.	+2
I can be irritable and very angry when stressed—yes, that is me yelling.	+3
I can have waves of depression and anxiety.	+4
I do get depressed often.	+5

I cry:	Score:
Easily	+1
Only when fatigued	+2
Rarely	+3
Hardly ever or never	+4
Often	+5

In a relationship, I crave:	Score:
Romance—bring on the flowers, cards, and passion	+1
Some romance, some intellectual stimulation, and some solitary time to recharge	+2
A mental equivalent	+3
A nurturing partner who sees the world as I do	+4
Warmth and reassurance	+5

I seek and enjoy:	Score:
Creative work	+1
The opportunity to build teams, companies, and projects	+2
The opportunity to lead a team, company, or project	+3
Meaningful work that gives back to society or impacts the world in a lasting way	+4
Service-based work—caring for the sick, elderly, or children, as an example	+5

I am most prone to having:

- A pallid skin tone or complexion
- Under-eye circles
- A thick, yellow-coated tongue
- Swollen joints
- A white-coated tongue

Score:

- +1
- +2
- +3
- +4
- +5

My favorite comfort foods are:

- Salty—potato chips
- Both salty and sweet—potato chips and chocolate
- Spicy foods
- Fried foods
- Sweets - ice cream and chocolate

Score:

- +1
- +2
- +3
- +4
- +5

POWER TYPE (SCORING)

**ADD UP EACH ANSWER SCORE TO
CALCULATE YOUR OVERALL SCORE.**

CHECK THE NEXT PAGE FOR YOUR RESULTS...

POWER TYPE (RESULTS)

0 - 35: You're a gypsy girl!

As a Gypsy Girl, you may be prone to anxiety, inconsistent sleep, up and down energy, eating/diet challenges, ADHD (or concentration issues in general), thinning hair, dry skin and achy joints.

36 - 51: You're a savvy chick!

As a Savvy Chick, you're especially harmed by the one-size-fits-all perspective that permeates mainstream health advice. That's because your constitution can go back and forth between power types, requiring extra attention on your body's needs, on a day-to-day basis.

52 - 67: You're a boss lady!

As a Boss Lady, your health challenges tend to revolve around digestive issues. Irritable bowel, acid reflux/heartburn, constipation and more can negatively impact your energy, sleep, weight and hair quality.

68 - 83: You're a nightingale!

As a Nightingale, your selfless nature can lead to depleted energy levels, a weakened immune system and chronic inflammation. This can result in many other long-term health conditions that Nightingales must watch for.

84 - 100: You're an earth mama!

As an Earth Mama, you may ignore your own body's own needs, while taking care of everyone else. This can lead to stubborn weight, low energy, heart issues and even depression.

We can discuss this more in our coaching sessions as well.

YOUR POWERTYPE:

Strengths

Challenges

Preferred Diet

Energy Patterns

Known Medical patterns/ Needs

YOUR CHILDS TYPE:

[Click here for child type quiz](#)

Strengths

Challenges

Preferred Diet

Energy Patterns

Known Medical patterns/ Needs

YOUR PARTNERS POWERTYPE

[*Click here for male partner Superman RX quiz*](#)

[*Click here for female or non-binary partner
Power Type quiz*](#)

Strengths

Challenges

Preferred Diet

Energy Patterns

Known Medical patterns/ Needs

Ok - now one more log - plot all this out in the chart below.

FAMILY MEMBER	POWER TYPE	STRENGTHS	SLEEP	CHALLENGES	MEDICAL PATTERNS	OPTIMAL DIET

Take a few hours to plot this out for those you care for. And let's work through this together in our coaching calls as well. I certainly don't have all the answers but a roadmap is always helpful and gets us out of our heads constantly thinking and spinning and worrying.

FAMILY MEMBER	POWER TYPE	STRENGTHS	SLEEP	CHALLENGES	MEDICAL PATTERNS	OPTIMAL DIET

FAMILY MEMBER	POWER TYPE	STRENGTHS	SLEEP	CHALLENGES	MEDICAL PATTERNS	OPTIMAL DIET