

VIVA QUESTIONNAIRE

- SLEEP WELL, RELAX AND BE HAPPY

SLEEP

	ALWAYS	OFTEN	OCCASIONALLY	NEVER
I find it hard to get to sleep at night	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wake up too early	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I wake up and still feel tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

STRESS

	ALWAYS	OFTEN	OCCASIONALLY	NEVER
I find it difficult to relax and be in the moment	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I worry about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I am too self-critical	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

MOOD

	ALWAYS	OFTEN	OCCASIONALLY	NEVER
I feel down-hearted and sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I find it hard to be enthusiastic	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I feel I have nothing to look forward to	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

TOTAL SCORE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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If you score in the **ALWAYS** or **OFTEN** column, use the product daily.

If you score in the **OCCASIONALLY** column, use the product as needed.

You can re-take this test after one week and again after one month, to see how your mood, stress level or sleep patterns have improved.

If you score Always and Often in the **SLEEP CATEGORY**, use Viva mostly at night time.

If you score Always and Often in the **STRESS CATEGORY**, use Viva both in the morning and at night time.

If you score Always and Often in the **MOOD CATEGORY**, use Viva mostly in the morning.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

INSPIRE **CHANGE** IN LIFE