

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

☐☐☐☐

1 OR MORE **ALWAYS**
- use the products

4 OR MORE **OFTEN**
- use the products

7 OR MORE **OCCASIONALLY OR OFTEN**
- use when needed

ANY OTHER COMBINATIONS
- probably no need, but you can always try the product if a situation occurs.

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.

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.

ZINZINO
INSPIRE **CHANGE** IN LIFE