



VIVIDENZ  
UK ENGLISH EDITION



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# SEVEN SIGNALS.

## A clearer view of your body.

A calm, structured companion for noticing changes, capturing patterns, and preparing better questions - without self-diagnosing.

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# HOW TO USE THE BODY COMPASS

A single body signal is rarely a complete explanation. Use this guide to observe more precisely before jumping to conclusions.

**01****NOTICE**

What specifically feels different from your usual? Describe the observation, not the suspected cause.

**02****ADD CONTEXT**

When did it begin? How strong is it? What happened around it, and what changes it?

**03****PREPARE**

Capture the course and note what you want to clarify in a professional conversation.

**REMEMBER**

**Not every signal is a warning.  
Every signal deserves context.**

# THE SEVEN OBSERVATION AREAS

The areas overlap by design. Your body works as one system - not separate drawers.

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- |    |                                    |                                                            |
|----|------------------------------------|------------------------------------------------------------|
| 01 | <b>Energy &amp; daily function</b> | Capacity, new fatigue, weakness, or changes in performance |
|----|------------------------------------|------------------------------------------------------------|
- 
- |    |                             |                                                                         |
|----|-----------------------------|-------------------------------------------------------------------------|
| 02 | <b>Sleep &amp; recovery</b> | Duration, consistency, nighttime waking, and restoration in the morning |
|----|-----------------------------|-------------------------------------------------------------------------|
- 
- |    |                                       |                                                                     |
|----|---------------------------------------|---------------------------------------------------------------------|
| 03 | <b>Hunger, thirst &amp; digestion</b> | Appetite, thirst, tolerance, digestion, and bowel or bladder habits |
|----|---------------------------------------|---------------------------------------------------------------------|
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- |    |                            |                                                                  |
|----|----------------------------|------------------------------------------------------------------|
| 04 | <b>Pain &amp; movement</b> | Location, onset, triggers, course, and limitations in daily life |
|----|----------------------------|------------------------------------------------------------------|
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- |    |                                           |                                                          |
|----|-------------------------------------------|----------------------------------------------------------|
| 05 | <b>Breathing, heart &amp; circulation</b> | Responses at rest and during otherwise familiar activity |
|----|-------------------------------------------|----------------------------------------------------------|
- 
- |    |                                 |                                              |
|----|---------------------------------|----------------------------------------------|
| 06 | <b>Mood &amp; concentration</b> | Tension, mood, motivation, memory, and focus |
|----|---------------------------------|----------------------------------------------|
- 
- |    |                              |                                                                            |
|----|------------------------------|----------------------------------------------------------------------------|
| 07 | <b>Patterns &amp; change</b> | New, sudden, worsening, recurring, or accompanied by other unusual changes |
|----|------------------------------|----------------------------------------------------------------------------|
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# YOUR 30-SECOND CHECK-IN

Use this page whenever you notice: Something feels different from my usual.

**WHAT?**

What specifically feels different?

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**SINCE WHEN?**

Sudden, after an event, or gradual?

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**HOW STRONG?**

From 0 (barely noticeable) to 10 (extremely strong)

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**COURSE?**

Better, stable, worsening, variable, or recurring?

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**WHAT CHANGES IT?**

What improves or intensifies the change?

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**WHAT ELSE?**

Which other changes are happening at the same time?

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# A SEVEN-DAY PATTERN

A short daily note is often more useful than a long memory afterward.

| 1 |  |  |  |  |
|---|--|--|--|--|
| 2 |  |  |  |  |
| 3 |  |  |  |  |
| 4 |  |  |  |  |
| 5 |  |  |  |  |
| 6 |  |  |  |  |
| 7 |  |  |  |  |

# PREPARE A CONVERSATION

This page can help you describe your observations clearly and concisely.

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**01** My most important observation in one sentence:

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**02** When did it begin and how has it changed?

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**03** What can I no longer do as usual in daily life?

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**04** Which accompanying changes have I noticed?

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**05** Which medications, supplements, or recent lifestyle changes might be relevant?

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**06** My three most important questions:

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# WHEN TO STOP DOCUMENTING AND ACT

For a possible life-threatening emergency, act quickly. In the United Kingdom, call 999 or 112 immediately.



**severe trouble breathing or a feeling of suffocation**



**unconsciousness or absence of normal breathing**



**new weakness, facial droop, or speech difficulty**



**severe or persistent chest pain or pressure**



**severe bleeding or another acutely life-threatening situation**

These examples are not complete. If you suspect an acute life-threatening emergency, call 999 or 112.

# MY WEEKLY REVIEW

01 What felt different from usual this week?

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02 Which pattern can I see - and which is still unclear?

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03 What improved or worsened?

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04 Which question do I want to clarify next?

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05 My most useful next step:

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The Vividenz Body Compass provides general health education. It does not replace medical advice, diagnosis, or treatment.

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