

# THE SUGAR QUIZ

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## WHAT'S YOUR CURRENT RELATIONSHIP WITH SUGAR

YOU want to eat better but are having trouble controlling your diet. It may be time to assess your relationship with sugar and how it's affecting your health, mood, and energy. Take an honest inventory with this short "Sugar Quiz."

### PART ONE

#### OVERT HEALTH CONSEQUENCES

(each positive answer = 10 points)

- Are you 20 pounds or more overweight?
- Have you been diagnosed as pre-diabetic or diabetic?
- Have you ever been diagnosed with cancer?
- Are you on any heart medications including statins?
- Do you smoke?
- Do you have kidney or liver disease?
- Do you struggle with irritable bowel or Crohn's disease?

----- **TOTAL PART ONE**

### PART TWO

#### SUBTLE DAILY SYMPTOMS

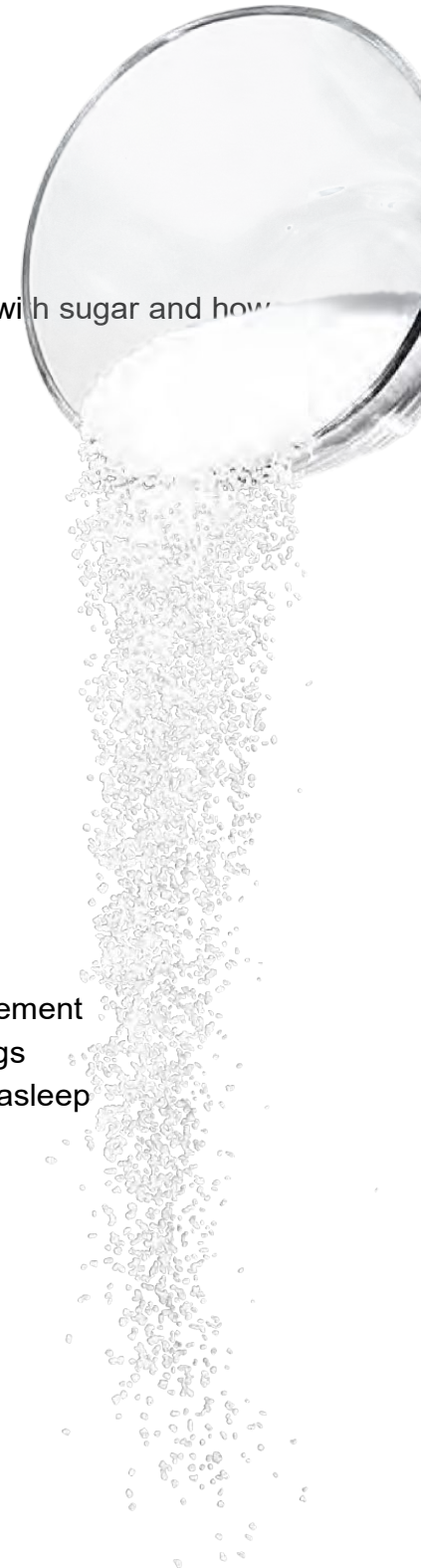
(each positive answer = 5 points)

- Fatigue/Low energy
- Brain fog/lack of focus
- Depression and/or anxiety
- Low tolerance for exercise
- Increased belly fat distribution
- Balding or hair loss
- Erectile dysfunction/ Low libido
- Acne, rash, or skin inflammation
- Chronic pain and/or pain with movement
- Increased appetite/insistent cravings
- Trouble getting to sleep or staying asleep

----- **TOTAL PART TWO +**

----- **TOTAL PART ONE =**

----- **TOTAL**



# THE SUGAR QUIZ

## WHAT'S YOUR RELATIONSHIP WITH SUGAR

### PART THREE

#### LIFESTYLE CHOICES

(subtract 1 point for each positive answer)

- \_\_\_\_\_ Consistent, quality sleep
- \_\_\_\_\_ Sustained energy throughout the day
- \_\_\_\_\_ Varied and consistent exercise routine
- \_\_\_\_\_ Consistent meditation or mindfulness practice for stress relief
- \_\_\_\_\_ Eat primarily whole, unprocessed foods
- \_\_\_\_\_ Take a daily probiotic
- \_\_\_\_\_ Avoid high sugar/processed food and drinks
- \_\_\_\_\_ Drink less than 2 cups of coffee per day before noon
- \_\_\_\_\_ Drink less than 4 ounces of Spirits or 12 ounces of wine per week
- \_\_\_\_\_ Have an active sex life
- \_\_\_\_\_ Have your body composition tested twice yearly
- \_\_\_\_\_ Have seen your primary care doctor in the past six months

----- **TOTAL PART THREE +**

----- **COMBINED TOTALS ONE & TWO =**

----- **GRAND TOTAL**

### YOU SCORED

#### 0-15

Congratulations! You are doing a great job managing your diet and health choices. You may need to teach this course!

#### 16-30

Health is important to you, and you try to make healthy choices, but you best when working with a trainer, coach, or group to stay on track.

#### 31-49

You want to be healthy, but it takes a lot of planning. Your inconsistent choices aren't for a lack of desire, but implementation. You've participated in multiple programs before, some with impressive results, but haven't been able to commit to feeling strong and healthy for the long haul.

#### 50+

You struggle with your weight, energy, and focus. You often feel tired but wired. Food is a distraction; stress and cravings make it hard to eat better. You've lost weight in the past but eventually, gain it back, sometimes more. It's really hard for you to lose weight and that's discouraging. Despite this, you want to find a way to improve your health habits. You think you might do better working with a group or coach because it's been hard to make changes alone.