

Lose Weight Fast Academy

Metabolic Questionnaire

1. Which of the following meals would give you sustained and lasting energy if it were the only meal you could eat all day?

- a. Cereal (0)
- b. Eggs and cereal (+1)
- c. Steak and eggs (+2)

2. What best describes your reaction to high-carbohydrate foods such as pasta or potatoes?

- a. They give me a short boost in energy, but I can crash later. (+1)
- b. They make me feel tired and lethargic almost immediately after eating them. (+2)
- c. They give me long-lasting energy. (-2)

3. When it comes to desserts, which do you prefer?

- a. I have no preference. (+1)
- b. Creamy, rich sweets like cheesecake or chocolate mousse. (+2)
- c. I like all sweets, but prefer lighter things like cookies and candy bars. (0)

4. What best describes your reaction to eating protein such as chicken, steak, or eggs?

- a. They satisfy my hunger and give me energy for many hours. (+4)
- b. They give me about the same energy as carbohydrate rich foods such as pasta and potatoes. (+1)
- c. They fill me up and often make me feel sluggish and tired or I do not eat meat. (-2)

5. Which do you crave the most?

- a. Protein, salt, and coffee. (+2)
- b. Sugar; coffee; or cocktails, wine, or beer. (-2)
- c. I don't get cravings very often, but when I do, I crave a. and b. (+1)

6. What describes your reaction to strong bright lights?

- a. I'm not sensitive to bright lights. (+2)
- b. Light has to be very bright for me to notice. (+1)
- c. I'm sensitive to bright lights and prefer sunglasses when outside. (-2)

7. What best describes your tendency toward anxiety or depression?

- a. I tend to become depressed or moody. (+2)
- b. I'm rarely depressed or anxious. (+1)
- c. I tend to become anxious in many situations. (-2)

8. What best describes your current weight?

- a. I am an average weight. (+2)
- b. I am underweight, but can store fat around my waist. (-8)
- c. I am overweight or obese. (+6)

9. How do you best describe your appetite?

- a. I live to eat and frequently overeat. (+4)
- b. I use food as fuel, but indulge on occasion. (+2)
- c. I eat to live and sometimes I have to remind myself to eat. (-6)

10. What best describes your facial skin?

- a. My skin is very balanced and healthy. (+2)
- b. My skin is sometimes oily and I'm prone to acne or breakouts. (+4)
- c. I have sensitive, often dry skin that sometimes looks red and irritated. (0)

11. If you needed to stay focused for a long period of time, which would help?

- a. Nuts like almonds, walnuts, or peanuts. (+2)
- b. Trail mix with a mix of dried fruit and nuts. (+1)
- c. Dried fruit or candy. (-2)

12. What best describes your digestive system?

- a. I suffer from heartburn or irritable bowel syndrome. (0)
- b. I am frequently constipated or have irregular bowel movements. (+4)
- c. I have regular bowel movements with no problems. (+2)

13. What state best describes your energy levels?

- a. I feel mentally balanced, except on rare occasions when I am stressed or don't get enough sleep. (+2)
- b. I feel mentally alert and wired, yet at the same time, physically tired. (-6)
- c. I feel mentally and physically fatigued most of the time. (+4)

14. What happens when you skip meals?

- a. I become irritable, shaky, and/or light-headed. (+4)
- b. I can skip 1 meal and feel fine, but I become irritable, shaky, and/or light-headed if I miss 2 or more meals. (+2)
- c. Skipping meals does not bother me. I frequently go more than 4 to 6 hours without eating. (-4)

15. What best describes your sleeping habits?

- a. I'm frequently tired, but still have difficulty falling asleep and/or getting up in the morning. (+4)
- b. I have difficulty falling asleep or sleeping soundly, yet still feel wired during the day. (-4)
- c. I fall asleep fine, sleep soundly, and wake feeling refreshed. (+2)

16. How do you best describe how old you look?

- a. I look my age. (+1)
- b. I look older than my age. (0)
- c. I look young for my age. (+2)

17. When do you perspire?

- a. I rarely perspire even when exercising. (+2)
- b. I only perspire when exercising or am very hot. (+1)
- c. I perspire a lot during exercise and even when not exercising. (0)

18. How do you best describe your state of awareness and alertness?

- a. I am acutely aware of my surroundings and the people around me, but can find it difficult to focus on any one task. (-4)
- b. It often takes me a moment to register questions and respond. (+2)
- c. I am aware of my surroundings and responsive to people and their questions. (+1)

Total up the number of answers and record them here:

35 and above: You are a sugar burner.

20 to 34: You are a mixed burner.

19 and lower: You are a muscle burner.