

SELF ASSESSMENT QUESTIONNAIRE

Your metabolism is the engine and food is your fuel. How well is your engine running? Look at yourself. Feel how you feel. Listen to what your body is telling you. Don't look for answers or solutions yet. That can derail the internal conversation. Just be curious and listen.

The following list of questions resembles the intake form for my clinic. It is a self-assessment questionnaire that I give to my clients to help them start listening and pondering what is going on. Don't look for answers just yet— those will come later. This is the beginning of a conversation I want you to start having with your body. I don't proceed with my clients until they answer these questions. At the end of the list, you will find some blank spaces. I want you to add at least ten additional things to the list that you think your body would like to communicate to you. Remember, in my clinic, anything is up for discussion. It can be as seemingly minor as a muffin top or as major as heart disease: **Y = Yes; N = No; S = Sometimes**

	Y	N	S	Details?
Is your energy low?				
Is your physical strength limited?				
Is your physical structure what you'd like?				
Do you have to drag yourself out of bed in the morning?				
Do you wake up feeling like you pulled an all-nighter?				
Do you long for a nap every afternoon?				
Are you having difficulty adapting to the stress you are under?				
Are you having trouble falling or staying asleep?				
Is your sex drive M.I.A.?				
Do you weigh more than you feel you should?				

SELF ASSESSMENT QUESTIONNAIRE cont.

	Y	N	S	Details?
Do you have trouble recovering after overindulging in food or alcohol?				
Are your hangovers (including the sugar-binge hangovers) harsher than they have ever been before?				
Are you unable to get the performance you need out of your body?				
Is your body depositing fatty tissue where it has never been before?				
Has your body changed into a shape you barely recognize?				
Do you have flabby upper arms?				
Do you have sagging skin on your face or neck?				
Do you have digestive issues like gas, bloating, constipation, heartburn, indigestion, or IBS?				
Are your periods irregular?				
Do you have hot flashes and/or brain fog?				
Do you have depression, anxiety, or mood swings?				
Do you have problems with focus, memory, concentration, or other cognition issues?				
Do you have an autoimmune disease, or a family history of autoimmune disorders?				

SELF ASSESSMENT QUESTIONNAIRE cont.

	Y	N	S	Details?
Do you have high cholesterol, elevated triglycerides, or low HDL?				
Do you have high blood pressure?				
Do you have systemic inflammation?				
Do you have high blood sugar, are you insulin resistant, or do you have full-blown diabetes?				
Have you been diagnosed with a disease or disorder?				

More issues you have noticed:	Details?

These responses indicate evidence of conversations your body is having with you. Something is off with your metabolism, and that means your body is metabolically adapting to an environment that isn't right for it. Maybe your body is whispering, talking, or even screaming for your attention. Your body has acted heroically by adapting, and we can and should be thankful for that. When we listen and stop looking at these things as complaints, but instead see them as requests for repair, then we can design a plan that meets your unique metabolic needs. My goal here is to give you the tools to say, "I hear you and I am ready to feed your metabolic needs."