



# METABOLIC HEALTH TEST WITH ANSWER KEY

# METABOLISM BOOSTING GROCERY LIST

## How Healthy Is Your Metabolism? Take This Quick Quiz to Find Out!

Your metabolism impacts energy levels, weight management, and overall well-being. This quick quiz will help you evaluate your metabolic health and provide tailored tips for resetting and optimizing your metabolism.

### Quiz Questions

1. How often do you eat breakfast?
  - A. Every day
  - B. Sometimes
  - C. Rarely or never
  
2. How much water do you drink daily?
  - A. 8 or more cups
  - B. 4-7 cups
  - C. Less than 4 cups
  
3. How often do you exercise?
  - A. 4+ times per week
  - B. 1-3 times per week
  - C. Rarely
  
4. Do you feel energized after eating meals?
  - A. Yes, most of the time
  - B. Sometimes
  - C. No, I often feel sluggish
  
5. How many hours of sleep do you get per night?
  - A. 7-9 hours
  - B. 5-6 hours
  - C. Less than 5 hours

# METABOLISM BOOSTING GROCERY LIST

**How Healthy Is Your Metabolism? Take This Quick Quiz to Find Out!**

6. Do you include protein in most meals?

- A. Yes, always
- B. Sometimes
- C. Rarely

7. How often do you eat processed or sugary foods?

- A. Rarely
- B. Occasionally
- C. Daily

8. Do you experience frequent cravings?

- A. Rarely or never
- B. Sometimes
- C. Often

# METABOLISM BOOSTING GROCERY LIST

**How Healthy Is Your Metabolism? Take This Quick Quiz to Find Out!**

*Answer Key and Personalized Feedback*

## **Mostly A's:**

Your metabolism is in great shape! Your consistent healthy habits, like eating breakfast, staying hydrated, and prioritizing sleep, are serving you well. Keep it up by adding small optimizations, such as including more strength training or experimenting with superfoods.

## **Mostly B's:**

You're on the right track, but there's room for improvement. Focus on increasing water intake, reducing processed foods, and ensuring you get quality sleep. Simple changes like swapping refined carbs for whole grains and walking after meals can make a big difference.

## **Mostly C's:**

Your metabolism needs some TLC! Begin with small, manageable steps, like drinking more water and reducing sugary foods. Aim for balanced meals with protein and fiber, and prioritize sleep and movement to get your metabolic health back on track.