

Welcome To...

The Stubborn Fat Loss Solution... For Supermoms

Discover The Hormonal, Genetic & Lifestyle Secrets
To Burning Fat, Controlling Appetite and Eliminating Your Cravings...

Fat-Burning Test

“Pinpoint YOUR Exact Health Imbalances... Stop Chasing Symptoms... and Find The ROOT CAUSE of Stubborn Fat...”

Section 1

This questionnaire helps to uncover hidden causes of low energy and the inability to lose weight. With the answers we can pinpoint where your metabolism is breaking down and what is causing it.

Name:

Date:

Main Concerns

What are the Top 5 Health issues you are interested in resolving? (This can include depression)

Section 2 - Energy Evaluation

There are three different aspects of your energy that we will be tracking: Quantity, Quality, and Consistency.

Quantity...

Rate on a scale of 1 - 10 what your energy level is like.

10 = boundless energy and have all the energy you could ever want or need.

1 = is hard to get out of bed or off the couch or the lowest energy you can imagine having, Constantly lethargic.

Note your score of where your average energy level is on a normal average day. _____

Quality...

Rate on a scale of 1 - 10 what the quality of your energy is like...

10 = Balanced Calm Centered Happy Patient Optimistic

1 = Unmotivated Depressed Irritable Impatient Anxious Short Tempered Sad

Note your score of where your average energy quality is on a normal average day. _____

Consistency...

Rate on a scale of 1 - 10 what the consistency of your energy is like...

1 = Inconsistent Energy Highs and Lows /Peaks and Valleys Sudden drops in energy Never know when you'll run out steam

10 = Continual, predicable, all-day energy No Peaks and Valleys Bounce out of bed with energy

Note your score of where your average energy consistency is on a normal average day. _____

5 Energy Patterns...

There are 5 different patterns with energy that is low on the consistency scale. What one sounds like you?

Slow Starter: difficulty getting out of bed, tired in the morning, hit the snooze a several times before getting up

Food Coma: After you eat a meal you feel like you want to take a nap The 3 or 4'oclock

Slump: Around 3 or 4 o'clock in the afternoon, you feel like you want to take a nap, or you need caffeine or sugar just to get through the day.

Run out of steam: At the end of the day you are tired and just want to sit on the couch or watch TV because you are too tired to do anything else

All over the board: Peaks and Valleys all day long, you never know what your energy will be like.

Section 3 - Metabolic Evaluation

Answer each question on a scale of 0 through 3, with:
0 = never, 1 = rarely, 2 = occasionally, 3 = frequently

Low Blood Sugar Category

- Crave sweets during the day
- Irritable if meals are missed
- Depend on coffee to keep yourself going or get yourself started
- Get lightheaded meals are missed
- Eating relieves fatigue
- Feel shaky, jittery, tremors
- Agitated, easily upset, nervous
- Poor memory, forgetful
- Blurred vision

High Blood Sugar Category

- Fatigue after meals
- Crave sweets during the day
- Eating sweets does not relieve cravings for sugar
- Must have sweets after meals
- Waist girth is equal to or larger than hip girth
- Frequent urination
- Increased thirst & appetite
- Difficulty losing weight

Low Adrenal Category

- Cannot stay asleep
- Crave salt
- Slow starter in the morning
- Afternoon fatigue
- Dizziness when standing up quickly
- Afternoon headaches
- Headaches with exertion or stress
- Weak nails

High Adrenal Category

- Cannot fall asleep
- Perspire easily under high amounts of stress
- Weight gain when under stress
- Wake up tired even after 6 or more hours of sleep
- Excessive perspiration or perspiration with little or no activity

Colon Category

- Bowels do not empty completely
- Lower abdominal pain relieved by passing stool or gas
- Alternating constipation and diarrhea
- Diarrhea
- Constipation
- Hard, dry or small stool
- Coated tongue or “fuzzy” debris on tongue
- Pass large amount of foul smelling gas
- Less than one bowel movement daily
- Do you use laxatives frequently?

Low Stomach Acid Category

- Excessive belching burping or bloating
- Gas immediately following a meal
- Offensive breath
- Difficult bowel movements
- Sense of fullness during and after meals
- Difficulty digesting fruits and vegetables
- Undigested foods found in stools

High Stomach Acid Category

- Stomach pain, burning or aching 1–4 hours after eating
- Do you frequently use antacids?
- Feeling hungry an hour or two after eating
- Heartburn when lying down or bending forward
- Temporary relief from antacids, food, milk, carbonated beverages
- Digestive problems subside with rest and relaxation
- Heartburn from spicy foods, chocolate, citrus, peppers, alcohol and caffeine

Digestive Enzyme Category A

- Roughage and fiber cause constipation
- Indigestion and fullness lasts 2-4 hours after eating
- Pain, tenderness, soreness on left side
- Under ribcage bloated
- Excessive passage of gas
- Nausea and/or vomiting
- Frequent urination
- Increased thirst and appetite
- Difficulty losing weight
- Stool undigested, foul smelling, mucous-like, greasy or poorly formed

Digestive Enzyme Category B

- Greasy or high fat foods cause distress
- Lower bowel gas and or bloating several hours after eating
- Bitter metallic taste in mouth, especially in the morning
- Unexplained itchy skin
- Yellowish cast to eyes
- Stool color alternates from clay-colored to normal brown
- Reddened skin, especially palms
- Dry or flaky skin and/or hair
- History of gallbladder attacks or stones
- Have you had your gallbladder removed?

Hypothyroidism Category

- Tired, sluggish
- Feel cold – hands, feet, all over
- Require excessive amounts of sleep to function properly
- Increase in weight gain even with low-calorie diet
- Gain weight easily
- Difficult, infrequent bowel movements
- Depression, lack of motivation
- Morning headaches that wear off as the day progresses
- Outer third of eyebrow thins
- Thinning of hair on scalp, face or genitals or excessive hair falling out
- Dryness of skin and/or scalp
- Mental sluggishness

(Menstruating Females Only)

PCOS Symptoms in Menstruating Women

- Are you a menopausal?
- Alternating menstrual cycle lengths
- Extended menstrual cycle, greater than 32 days
- Shortened menses, less than every 24 days
- Pain and cramping during periods
- Scanty blood flow
- Heavy blood flow
- Breast pain and swelling during menses
- Pelvic pain during menses
- Irritable and depressed during menses
- Acne break outs
- Acne Breakout on chin area
- Facial hair growth
- Hair loss/thinning

(Menopausal Females Only)

PCOS Symptoms in Menopausal Women

- How many years have you been menopausal?
- Do you ever have uterine bleeding since menopause?
- Hot flashes, mental fogginess
- Disinterest in sex, mood swings
- Depression
- Painful intercourse
- Shrinking breast
- Facial hair growth
- Acne
- Increased vaginal, pain, dryness or itching