

WEIGHT LOSS

QUIZ



CHECK ALL THAT APPLY

- Changing appetite
- Chronic Yeast infections
- Cravings for sugar or caffeine
- Depression
- Dull skin and hair
- Excess belly weight
- Feeling down
- Feeling puffy
- Fluid retention/ puffiness
- Hair loss
- Hangry between meals
- Headaches
- High blood sugar
- Hungry, even after eating
- Low libido
- Regular gas/bloating
- Regularly skip meals
- Resistant weight, even if active
- Sleepy after eating
- Stress
- Thyroid imbalance
- Tiredness
- Unmotivated

ANALYZE YOUR RESULTS

If you checked:

- ➔ **1 - 2 boxes:** While you may not have a lot of symptoms, even just one symptom such as excess belly fat can be an indication that something is out of balance.
- ➔ **4 - 7 boxes:** You have some signs indicating there may be roadblocks such as hormone imbalance, toxins, gut issues, or stress thwarting your weight loss efforts.
- ➔ **8 + boxes:** You have numerous signs indicating there may be roadblocks such as hormone imbalance, toxins, gut issues, or stress thwarting your weight loss efforts. Ask your doctor to check your sex hormones, thyroid hormones, and cortisol levels.

This assessment is not intended to diagnose a medical condition or disease. This assessment is designed only to raise awareness of signs that may indicate imbalances in the body that need to be evaluated by a medical professional.