

**WELLNESS BY
CS**

**"Take the Gut Health Quiz to
Find Out Your Gut Wellness
Stage!"**

****1. What's your go-to drink in the morning?**

- A) Warm lemon water**
- B) Coffee with sugar**
- C) Soda**
- D) Smoothie**

****2. How often do you include fermented
foods in your diet? ****

- A) Daily**
- B) Occasionally**
- C) Rarely**
- D) Never**

<https://wellnesscoachingbycheriesagcal.com>

**WELLNESS BY
CS**

****3. What's your stress level like on most days? ****

- **A) Low**
- **B) Moderate**
- **C) High**
- **D) Extremely high**

4. How many different fruits and veggies do you eat weekly? *

- **A) 10+**
- **B) 5-9**
- **C) 3-4**
- **D) 1-2**

****5. How do you feel after eating? ****

- **A) Energized and light**
- **B) Satisfied but tired**
- **C) Bloating or sluggish**
- **D) No difference**

**WELLNESS BY
CS**

**If you answered mainly C & D
chances are your gut and wellness
health need a rehaul.**