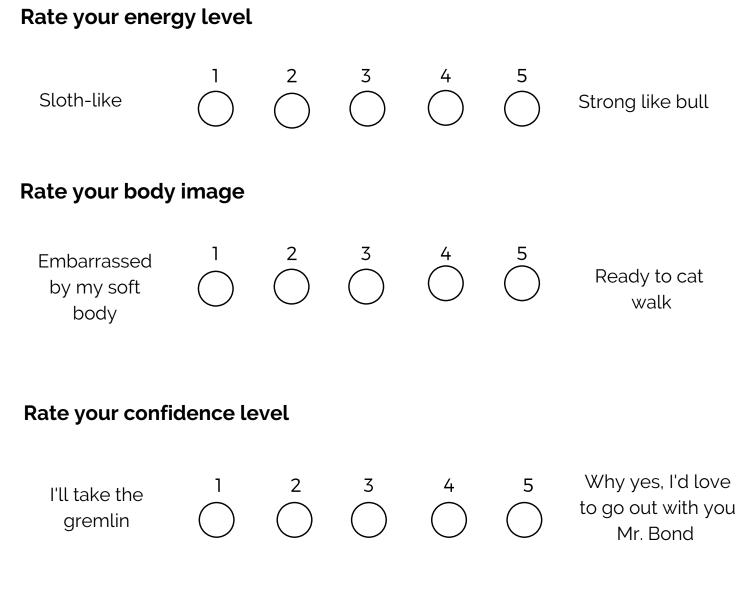
# **POST-CRUSH QUIZ**

Remember the Pre-Keto Quiz you took at the beginning of the program? Well here it is again! As a reminder, I nor will anyone else have access to your results. This is simply a means of measuring your progress throughout our 30 days together. You can evaluate your results by scrolling to the bottom of this quiz after completion.

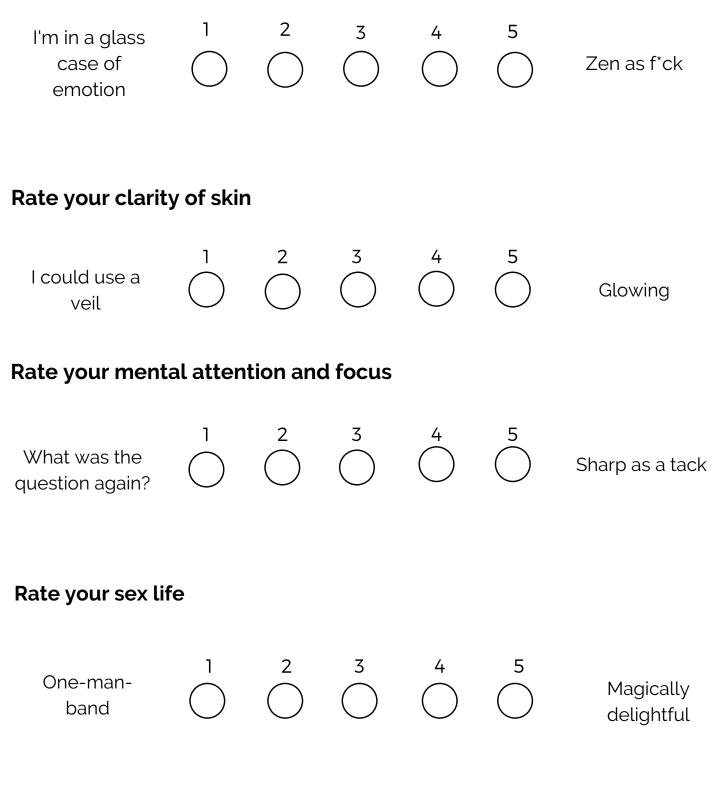
Date (Month, Day, Year)



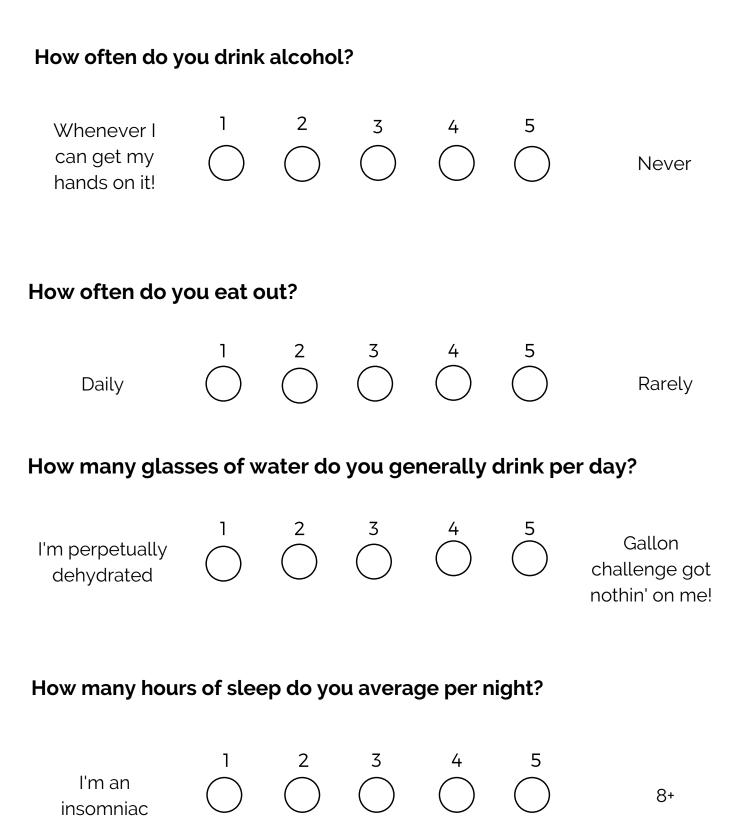


#### **Post-Crush Quiz**

## Rate your emotional state

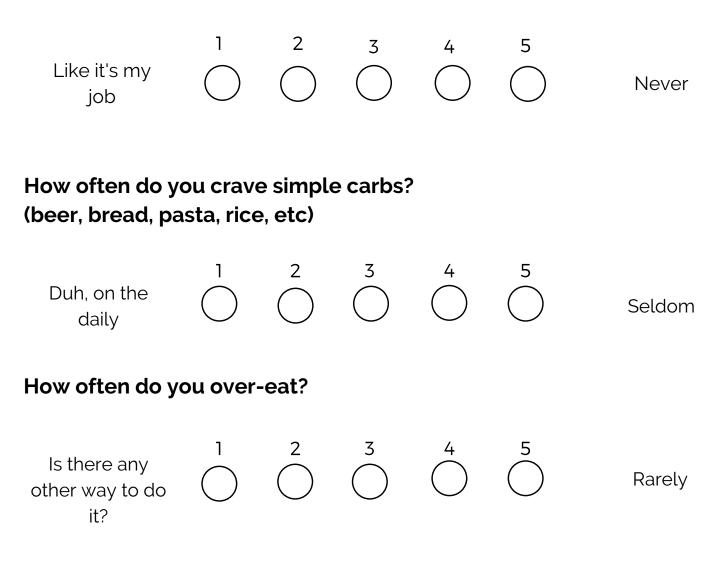




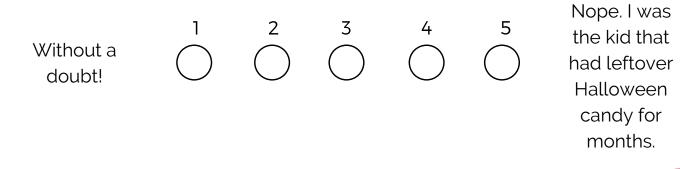




### How often do you crave salty foods?



#### When you get your hands on sweet treats are you likely to binge?





### Grading Scale:

Each number on the scale is worth its own numerical value, for example 3=3. Tally your points and read your results.

**0-17 Highly toxic**. There's still hope. Keep in mind slow progress is sustainable progress. However, if your score hasn't jumped at all and you've dedicated yourself to the program please reach out and let me know what happened.

**18-38 Moderately toxic**. You still have a ways to go. Stick with the program and I can guarantee you will continue to see results!

**39-58 Toxic enough.** You need to be diligent with yourself. Your results may be slower, but no doubt there's more progress to be made.

**59-75 Wow! You're a champion!** Your toxicity level is relatively low. Continue to apply what you've learned in this program and soon enough you'll be running the show!

