

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)

Rate your energy level

Sloth-like 1 2 3 4 5 Strong like bull

Rate your body image

Embarrassed by my soft body 1 2 3 4 5 Ready to cat walk

Rate your confidence level

I'll take the gremlin 1 2 3 4 5 Why yes, I'd love to go out with you Mr. Bond



Rate your emotional state

I'm in a glass case of emotion 1 2 3 4 5 Zen as f*ck

Rate your clarity of skin

I could use a veil 1 2 3 4 5 Glowing

Rate your mental attention and focus

What was the question again? 1 2 3 4 5 Sharp as a tack

Rate your sex life

One-man-band 1 2 3 4 5 Magically delightful



How often do you drink alcohol?

Whenever I can get my hands on it! 1 2 3 4 5 Never

How often do you eat out?

Daily 1 2 3 4 5 Rarely

How many glasses of water do you generally drink per day?

I'm perpetually dehydrated 1 2 3 4 5 Gallon challenge got nothin' on me!

How many hours of sleep do you average per night?

I'm an insomniac 1 2 3 4 5 8+



How often do you crave salty foods?

	1	2	3	4	5	
Like it's my job	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Never

**How often do you crave simple carbs?
(beer, bread, pasta, rice, etc)**

	1	2	3	4	5	
Duh, on the daily	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Seldom

How often do you over-eat?

	1	2	3	4	5	
Is there any other way to do it?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rarely

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

	1	2	3	4	5	
Without a doubt!	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Nope. I was the kid that had leftover Halloween candy for months.



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!

