



Pat Rae
Personal Training

NEW CLIENT QUESTIONNAIRES

Pat Rae
Health, Wellness & Life Performance Coach
Pat Rae Personal Training
www.prpt.com.au
info@prpt.com.au

INTRODUCTION:

Firstly, thank you for the opportunity to provide you with a taste or sample of what we have to offer you. We are looking forward to showing you not only what we have to offer but also guiding you on your new journey towards a fitter, stronger, and healthier you. As you can imagine, your journey starts today, with the completion of this series of questionnaires. They are all designed with one purpose in mind – to give you the best possible chances of achieving your health and wellness goals, no matter what they are.

There are four separate forms or questionnaires included in this pack set out as follows:

1. Welcome to Pat Rae Personal Training Form
2. Nutrition and Lifestyle Questionnaire
3. Metabolic Typing Self Test
4. 7 day Food Diary.

Now you're probably wondering why so much so early? Your journey towards your health and fitness goals will require a number of areas in your life being examined in closer detail. It's not just exercise that we will assist you with. We can also assist you with stress, nutrition, sleep, recovery, flexibility, just to name a few.

So these questionnaires are designed so both you and I have a better understanding of where you are today, so that moving forward we will know exactly not only what changes will need to be made in what order.

So, please take your time. Remember it's not an exam. There are no right or wrong answers. Only answers applicable to you.

Enjoy and we look forward to being of service to you soon. Please bring this with you when you come to your first appointment.



"Lose weight while eating more and moving less"

Pat Rae

Health, Wellness & Life Performance Coach



Pat Rae
Personal Training

Phone: +61-414-654-372

Email: info@prpt.com.au

www.prpt.com.au

PAT RAE PERSONAL TRAINING WELCOME FORM

Name:	First	Last	M/ F	DOB:		
Marital Status:	Single	Defacto	Married	Separated	Divorced	Widowed
Address:						
Phone Nos:	(H)	(W)	(M)			
ARE YOU CURRENTLY EXERCISING? YES			NO			
If Yes, what type of exercise?			Have you done structured exercise in the past?			
For how many weeks, months years?			If yes, what?			
How many times per week?			How many times a week?			
Have you been consistent?			How long did you stick at it?			
Are you achieving your results?			If you did, why did you stop?			
If yes, what brings you here today?			If not, what do you feel you needed to make it successful?			
If no, describe what is holding you back?						
WHAT RESULTS DO YOU WANT TO ACHIEVE? (PLEASE CIRCLE ANY TO INDICATE YES)						
Aerobic Endurance	Power	Sport: (What)	Reduce blood pressure			
Muscular Endurance	Improve balance	Body weight loss/gain	Lower body fat %			
Flexibility/reflexes	Improve eating habits	Improve self esteem	Other: What?			
Speed	Re-shape	Improve posture				
When would you like to achieve these?		How many training sessions can you commit to per week?				
On a scale of 1-10, how important is it to achieve these?		What time of the day do you prefer to train?				
I have been thinking about this for _____ weeks/months/years. (Circle which applies)						
What has kept you starting sooner? (Circle all that apply)						
Work Procrastination Family commitments Money No time/too busy Lack of Motivation Transport Illness/Injury						
Are these still a problem?			Do your family and friends support you starting a program? YES / NO			
YES/NO						
Anything important we need to know? (Circle all that apply)						
Heart Condition	Pain or tightness in chest	Any infections				
Family history of heart disease	Heart palpitations	Muscular pain or cramps				
Arthritis	Any major injuries	Hernia				
Asthma	Rheumatic fever	Back Pain				
Diabetes (Circle either Type 1 OR Type 2)	Liver/kidney conditions	Chronic cough				
Epilepsy	Regular head aches	High cholesterol				
High/Low blood pressure	Have you been hospitalized lately? YES / NO					
Are you female and pregnant? YES / NO			Are you male, over 35 & unaccustomed to exercise? YES / NO			
Are you female, over 45 & unaccustomed to exercise? YES / NO			Any condition that may limit your activity program?			
If you have answered "YES" to any questions about your health, have you had a clearance from you allied health professional? YES / NO						
DECLARATION						
I hereby represent to Pat Rae Personal Training, its employees and representatives that I am physically capable of and there is no medical reason to prevent me from proceeding with a personalized training program without endangering my health. I acknowledge that while under the direct supervision of Pat Rae Personal Training or one of its employees or representatives, my person, my guests and property are at my own risk. I acknowledge that I will not hold Pat Rae personal Training or any of its employees or representatives responsible for and exclude to the extent permitted by law all liability for any personal injury or damage (whether direct, indirect, special or consequential) suffered by me or my guest or loss of property by me or my guest while I am under the direct supervision of Pat Rae Personal Training, its employees or representatives.						
We regularly send updates of special promotions, newsletters and other marketing material. If you do not wish to receive such material circle YES!.						
Client Signature: _____			_____ Pat Rae Personal Training			

NUTRITION AND LIFESTYLE QUESTIONNAIRE

DIRECTIONS

It is important to answer each question with a response that best fits you. Remember this is not an exam. There are no right or wrong answers. Supply the answer that best fits you, not what you think you should answer.

When answering these questions, forget everything you've been told about what you should and shouldn't eat. Answer the questions based on your gut instinct on how you would prefer to eat if you could eat what you innately desire.

The answers to the questions have a numerical value, which I have deliberately omitted from the test so you can answer the questions without any bias.

Each category will then result in a numerical value which is then graphed on a table. This will then determine the order in which to tackle each category. Some questions are yes no answers. Simply circle the correct answer for you. Other questions give you an option. Simply circle the option that best suits you.

SECTION ONE: YOU ARE WHAT YOU EAT

- | | |
|---|----------------------|
| 1. Do you shop for food less frequently than every four days? | Y/N |
| 2. Do you eat more packaged (frozen or canned) fruits and vegetables than fresh? | Y/N |
| 3. Do you eat more cooked vegetables than raw? | Y/N |
| 4. DO you eat vegetables fewer than two meals daily? | Y/N |
| 5. Do you buy non-organic vegetables than organic vegetables? | Y/N |
| 6. How often do you use a microwave oven? | |
| | Never |
| | 1 – 2 times per week |
| | 3 - 4 times per week |
| | 4+ times per week |
| 7. Do you eat white bread more often than whole grain breads? | Y/N |
| 8. Do you eat quick cook grains more often than slow cooked organic whole grains? | Y/N |
| 9. How often do you consume pasteurised, homogenised milk or cheeses? | |
| | Never |
| | 1 – 2 times per week |
| | 3 - 4 times per week |
| | 4+ times per week |

10. How often do you eat non-organic yoghurts?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

11. Do you eat typical store-bought eggs from cage-raised chickens?

Y/N

12. Do you eat red meat more than once every four days?

Y/N

13. DO you commonly eat meats from sources other than free range and hormone free?

Y/N

14. Do you eat canned fish more frequently than fresh fish?

Y/N

15. How often do you use commercial salad dressings?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

16. How often do you use products containing hydrogenated oils?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

17. Do you eat nuts or seeds that are roasted or salted?

Y/N

18. How often do you use white table sugar as a sweetener?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

19. How often do you use artificial sweeteners such as equal?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

20. Do you use standard white table salt?

Y/N

21. Do you eat TV dinners or highly processed foods more than three times a week?

Y/N

22. How often do you eat from fast food restaurants like McDonalds, KFC etc?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

23. How often do you eat snacks from vending machines?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

24. Do you drink tap water?

Y/N

25. How often do you eat some form of store bought desserts such as ice cream, cookies, donuts, cakes or pies?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

SCORE:

SECTION TWO: STRESS

1. Do you eat more or less when stressed than when not stressed?

More

Same or less

2. Do you worry over job, income or money problems?

Y/N

3. Are any relationships causing you stress?

Y/N

4. Do you often feel anxious?

Y/N

5. Do you often get upset when things go wrong?

Y/N

6. Do you lash out at others?

Y/N

7. DO you feel your sex drive is lower than normal?

Y/N

8. Do you feel isolated or lonely?

Y/N

9. Do you feel stressed due to lack of intimacy in one or more relationships?

Y/N

10. Have you had reduced contact with friends (feeling antisocial) or an increase in contact because you feel you need to vent your frustrations or stresses to others? Y/N
11. Do you take any form of medication prescribed by a physician directly or indirectly related to stress in your life or for a psychological disorder? Y/N
12. Do you commonly lose more than two days of work a year due to illness? Y/N

SCORE:

SECTION THREE: SLEEP WAKE CYCLES

1. Do you live in the same time zone you were born in? Y/N
2. Do you travel across time zones more than once a month? Y/N
3. How often do you wake up feeling un-rested and in need of more sleep?
- Never
1 – 2 times per week
3 - 4 times per week
4+ times per week
4. Do you commonly go to bed after 10.30pm? Y/N
5. Are the times you have bowel movements consistent and predictable on a daily basis? Y/N
6. Do you suffer from reduced memory since moving to a new time zone or since travelling across time zones? Y/N
7. Has your sense of hunger changed at breakfast (upon rising) lunch (midday) and dinner times (sunset) since moving to a new time zone or travelling across time zones frequently (more than once a month)? Y/N
8. How often do you wake up between 1.00am – 4.00am and have difficulty falling back to sleep?
- Never
1 – 2 times per week
3 - 4 times per week
4+ times per week

9. How often do you tend to have a hard time staying awake in the afternoon after eating lunch?

- Never
1 – 2 times per week
3 - 4 times per week
4+ times per week

10. Do you do shift work that requires you to stay up late at night?

Y/N

SCORE:

SECTION FOUR: YOU ARE WHEN YOU EAT

1. Do you frequently skip meals?

Y/N

2. How often do you typically go more than four hours without eating?

- Never
1 – 2 times per week
3 - 4 times per week
4+ times per week

3. How often do you skip breakfast?

- Never
1 – 2 times per week
3 - 4 times per week
4+ times per week

4. Do you avoid fats when eating?

Y/N

5. Do you frequently eat carbohydrates (breads, bagels, cookies, pasta, fruit, cereals, muffins, crackers, chocolate, or candy) by themselves?

Y/N

6. Do you often get hungry or crave sweets within two hours after eating a meal?

Y/N

7. How often do you consume drinks containing caffeine or sugar (coffee, tea, sodas, fruit juices with sucrose, corn syrup or added sugar)?

- Never
1 – 2 times per week
3 - 4 times per week
4+ times per week

8. Have you tried diets to lose weight?

Never

Once

Twice

3-5 times

More than 5 times

9. Do you have difficulty burning fat around your belly, hips or thighs even with regular exercise?

Y/N

10. Do you eat your largest meal in the evening?

Y/N

SCORE

SECTION FIVE: DIGESTION

1. How often do you experience lower abdominal bloating?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

2. Do you frequently have loose stools or diarrhoea?

No

Once a week

3 or more times a week

3. How often do you experience constipation or stools that are compact or hard to pass?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

4. Do you find that you often burp after meals?

Y/N

5. Do you frequently have gas?

Y/N

6. Do you crave certain foods such as bread, chocolate, certain fruit and red meat if you have not had them in a day or two?

Y/N

7. How often do you have a poor appetite or feel worse after eating?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

8. Do you have an excessive appetite and/or sweet cravings?

Y/N

9. Do you frequently (more than twice a week) experience abdominal pain, cramps or general abdominal discomfort?

Y/N

10. How often do you have indigestion, heartburn or an upset stomach?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

11. How often do you get a headache after eating?

Never

1 – 2 times per week

3 - 4 times per week

4+ times per week

SCORE:

SECTION SIX: FUNGUS AND PARASITES

1. Have you ever been given a general anaesthesia?

Y/N

2. Have you ever taken antibiotics?

Y/N

3. Have you been or are you being treated for any condition requiring that you take medical drugs?

Y/N

4. In general are your bowel movements loose, hard or foul smelling?

Y/N

5. Would you consider your life to be:

Stress free

Mildly stressed

Very stressful

6. Do you currently suffer from any digestive disorder or frequently have pain in the region above or below the navel?

Y/N

-
- | | |
|--|-----|
| 7. Do you have mercury amalgam fillings in your mouth? | Y/N |
| 8. Do you have two different kinds of metals in your mouth; i.e. gold and silver or mercury amalgam and gold or silver? | Y/N |
| 9. Do you experience itching in the ears, nose or rectum area? | Y/N |
| 10. Do you have or have you had dandruff in the past year? | Y/N |
| 11. Do you regularly eat or drinks products containing sugar, white flour or processed dairy products? | Y/N |
| 12. Do you crave sugar, fruit or milk if you don't have either of these items for more than three days? | Y/N |
| 13. Do you find that regardless of how much you eat, you get hungry quickly? | Y/N |
| 14. In the past year, have you experienced athlete's foot (itching around the toes, soles or heel of the feet) jock itch or a fungal infection under a toenail (thickening of the toenail) | Y/N |
| 15. Do you ever get a reddening around the mouth or nose area after eating or drinking? | Y/N |
| 16. Do you experience muscle or joint aches on a regular basis? | Y/N |
| 17. Do you experience mood swings? | Y/N |
| 18. Do you snack on sweets or drink coffee, soda pop or sports drinks most days to keep your energy up? | Y/N |
| 19. Do you suffer from any kind of skin condition? | Y/N |
| 20. Have you ever had sex or close physical contact with anyone who you know had a fungal infection? | Y/N |

SCORE

<u>SUMMARY</u>	<u>SCORE</u>	<u>PRIORITY</u>
<u>SECTION ONE: YOU ARE WHAT YOU EAT</u>	<input type="text"/>	<input type="text"/>
<u>SECTION TWO: STRESS</u>	<input type="text"/>	<input type="text"/>
<u>SECTION THREE: SLEEP WAKE CYCLES</u>	<input type="text"/>	<input type="text"/>
<u>SECTION FOUR: YOU ARE WHEN YOU EAT</u>	<input type="text"/>	<input type="text"/>
<u>SECTION FIVE: DIGESTION</u>	<input type="text"/>	<input type="text"/>
<u>SECTION SIX: FUNGUS AND PARASITES</u>	<input type="text"/>	<input type="text"/>

METABOLIC TYPING SELF TEST

Instructions

1. In order to complete this questionnaire, you will need to completely forget all the rules on dieting that you have ever been taught or learned and answer the following questions on how you feel when you eat, if you could eat whatever you felt like and you could do so without fear of breaking those rules.
2. For each of the following questions please circle the letter (A, B or C) for the one response that best applies to you. At the bottom of each page, tally up the number of "A", "B", & "C" responses and write that number in the appropriate place.
3. If for any given question you are certain that none of the responses applies to you, simply leave that question unanswered.
4. However, in some cases you may find that none of the responses to a given question describe you exactly. In these instances, don't worry about the fact that a given response may not describe you with absolute precision. Just choose the answer that best describes your general tendencies.
5. Remember, we are looking for your general metabolic patterns or tendencies, so there's no need to get hung up on the exact details or specific wording for each question or response.
6. Please answer all questions in terms of how you are now, not how you used to be, or would like to be or think you should be. Try to be as thoughtful and honest as you can, but remember that there is no right or wrong answer.
7. You may be surprised to realise that that you really don't know the answers to some of the questions. For example, you may not know offhand how you would react to a specific type of food or combination of foods. If this is the case, what you should do is simply self test to one side for a little while until you can test your reaction to the foods in question.
8. Though you should not have to struggle with any question or aspect of this test, accuracy is important, so it's best to take your time and not rush through it. There are 65 questions in total.
9. Note that you can always take the test again at any point in the future. This is something you'll want to do periodically anyway, to see if your body chemistry has shifted, which can occur.

QUESTIONS

1. Anger and Irritability

Sometimes we all get angry “for good reason.” But for some people, feelings of anger or irritability occur frequently or even daily and are specifically influenced by what is or isn’t eaten. Skip this question if you do not experience anger or irritability that is affected by food.

- A: When I feel angry, eating meat or fatty food seems to make it worse.
- B: Sometimes eating relieves my anger and it doesn’t really matter what I eat.
- C: I often notice that feelings of anger or irritability have abated after I eat something heavy and fatty, like meat.

2. Anxiety

Some people have a tendency to be anxious, apprehensive, or worried. In many cases these feelings are increased or lessened by the kinds of foods that are eaten. Don’t answer this question if you do not experience anxiety that is influenced by food.

When I feel anxious

- A: fruits and vegetables calm me down
- B: eating almost anything helps alleviate my anxiety
- C: heavy, fatty food improves the way I feel and lessens my feelings of anxiety

3. Ideal Breakfast

Some people say that breakfast is the most important meal of the day. But this is simply isn’t true from a metabolic perspective. Actually, every time you eat anything, what you eat is very important; because your ability to function depends on the kind of fuel you provide your engines metabolism. What kind of breakfast gives you the greatest energy, sense of well being, peak performance, and satisfies your hunger the longest?

- A: Either no breakfast or something light like fruit, and/or toast or cereal, and/or milk or yoghurt
- B: eggs toast & fruit
- C: something heavy like eggs, bacon, or sausage, hash browns, toast or steak and eggs

4. Meal Preference

Pretend it’s your birthday and all rules and restrictions for dieting and (supposedly) good health are thrown out the window. You’re ready to cut loose and treat yourself to your favourite foods and just have a good time. If you went to a sumptuous buffet dinner tonight, what kinds of food would you choose?

- A: I would choose lighter foods such as chicken, turkey, light fish, salads, vegetables and I’d sample various desserts
- B: I would choose a combination of foods from answers A & C

-
- C: I would choose heavy rich fatty foods, roast beef, beef stroganoff, pork chops, ribs, salmon, potatoes, gravy, few vegetables, or maybe a small salad, with vinaigrette or blue cheese dressing, cheesecake or no dessert

5. Climate

Climate, temperature, environment – all can make a big difference in a person's sense of well being, energy levels, productivity and moods. Some thrive in the heat, while others wilt. Some come alive when it's cold, while others retreat and hibernate. For others, temperature and climate don't seem to make much difference. Please select a choice that best describes how temperature affects you.

- A: I do best in warm or hot weather. Can't take the cold
B: Temperature doesn't matter that much. I do pretty well whether it's hot or cold
C: I do best in cool or cold temperatures. Can't take the heat

6. Chest Pressure

Some metabolic types commonly experience "chest pressure," a distinct sensation of pressure in the chest area. It often makes people feel as though a weight is on their chest and tends to inhibit the ability to breathe.

- A: *(left blank on purpose)*
B: *(left blank on purpose)*
C: I have a tendency to get or have problems with chest pressure

7. Coffee

Coffee, when organically grown, properly prepared and not misused is an acceptable beverage for some metabolic types. Of course, anything that is overdone can be bad for you, even water. Nonetheless, coffee affects different people in different ways. Please indicate how coffee affects you.

- A: I do well on coffee (as long as I don't drink too much)
B: I can take it or leave it
C: I don't do well with coffee. It makes me jittery, nervous, hyper, nauseated, shaky or hungry

8. Appetite at Breakfast

Appetites vary dramatically from person to person, from ravenous or normal to very little. Of course your appetite from day to day to some degree, but what is being asked here is your overall tendency. A "normal" appetite is to feel hunger around regular mealtimes (morning, noon, and evening), but not to a noticeable extreme in either direction.

My appetite at breakfast is typically

- A: low, weak or lacking
B: normal. Don't notice it being either strong or weak
C: noticeable strong or above average

9. Appetite at Lunch

For many people, appetites can change from breakfast to lunch to dinner. For others, it remains pretty much the same throughout the day. Please circle the answer that best describes your typical tendency – the way you are most of the time.

My appetite at lunch is typically

- A: low, weak or lacking
- B: normal. Don't notice it being either strong or weak
- C: noticeable strong or above average

10. Appetite at Dinner

For many people, their strongest appetite is at dinner. For others, it's just the reverse. How does your appetite at dinner compare to your appetite at other times of the day. Choose the answer that best describes your usual appetite around dinner.

- A: low, weak or lacking
- B: normal. Don't notice it being either strong or weak
- C: noticeable strong or above average

11. Concentration

Concentration or intense mental activity uses up a lot of energy and thus requires sufficient fuel. But it also requires the right kind of fuel – to enable individuals to maintain mental clarity and stay focused. The wrong kind of fuel can make your mind hyper, causing a flood of uncontrolled thoughts. Or you could feel spacey or sleepy, or experience thoughts that seem to dissipate as soon as they arise. What foods worsen your ability to concentrate?

- A: meat and/or fatty food
- B: No particular kind of food seems to disrupt my concentration
- C: fruits and vegetables and grain-based carbohydrates

12. Coughing

Usually we think of coughing as something associated with illness. But some people naturally cough, easily and often and do so every day, even when they aren't sick. Typically, the cough will be a dry cough and usually short in duration. It often worsens at night or soon after eating. If you're one of these people, circle answer "C"

- A: *(left blank on purpose)*
- B: *(left blank on purpose)*
- C: I tend to cough every day

13. Cracking Skin

Some people have a problem with their skin cracking for no apparent reason. This typically occurs on the fingertips or on the feet, especially on the heels. The problem can show up any time of the year, but tends to happen more often in winter.

- A: *(left blank on purpose)*

-
- B: *(left blank on purpose)*
C: I have a tendency to have problems with skin cracking

14. Cravings

Some people do not have food cravings, so answer this question only if you do. Sugar is intentionally not listed as a choice here because most people, when low on energy, will begin to think of something sweet. Please indicate any other kinds of food cravings you might have besides sugar.

- A: vegetables, fruits, grain-based products (bread, cereal, crackers)
B: *(left blank on purpose)*
C: salty, fatty foods (peanuts, cheese, potato chips, meats etc)

15. Dandruff

Dandruff is the exfoliation, or shedding of the skin on the scalp in the form of dry white scales. If you have a tendency to have dandruff, please circle the answer below

- A: *(left blank on purpose)*
B: *(left blank on purpose)*
C: I tend to have problems with dandruff

16. Depression

Like other emotional issues, depression can arise from many possible causes. Yet depression is often alleviated or worsened by what you eat. If you suffer from depression and have noticed a connection to food, select the appropriate answer

- A: I seem to feel more depressed after eating meats and fatty foods (and less depressed after eating fruits and vegetables)
B: *(left blank on purpose)*
C: I seem to feel more depressed after eating fruits and vegetables (and less depressed after eating meats and fatty foods)

17. Desserts

Foods provide various combinations of the six tastes: sweet, sour, salty, bitter, astringent and pungent. We like to experience each of these effects from time to time and they all have beneficial roles to play in our health. For example, everyone likes sweet foods, but not to the same degree and in the same quantity. What's your general feeling or attitude toward having desserts after meals?

- A: I really love sweets, and/or I often need something sweet with a meal in order to feel satisfied
B: I enjoy dessert from time to time, but can really take it or leave it
C: I don't really care for sweet desserts that much; I may like something fatty or salty (like cheese, chips, popcorn) for a snack after meals

18. Dessert Preference

What are your favourite kinds of desserts? Which would you choose most often? Even if you don't particularly like desserts if you were forced to choose, which kinds would you gravitate toward? (NOTE: Ice cream is purposefully not listed in the choices as almost everyone likes ice cream regardless of their metabolic type)

- A: cakes, cookies, fruit pies, candies
- B: Truly no preference. I'd choose different kinds each day
- C: heavier fatty types like cheese cakes, creamy French pastries

19. Ideal Dinner

The right kind of food at dinner can provide great energy and well being for the entire evening. Whereas the wrong dinner for your type can leave you feeling exhausted and initiates a strong case of couch potatoitis. What kind of meal works best for you at dinner time?

- A: something light, like skinless chicken breast, rice, salad, maybe a little dessert
- B: most foods work fine with me
- C: I definitely do better with a heavier meal

20. Ear Colour

This query is concerned with blood flow to the ears. In some Caucasians, the ears are bright red, while in others, they're noticeably pale. Darker or lighter ears can also be seen in people of colour. Please select the response that best describes your ear colour.

- A: My ears tend to be pale, lighter than my facial skin tone
- B: My ears tend to be the same shade as my face
- C: My ears tend to be pink, red or darker than my facial tone

21. Eating Before Bed

Eating before bed helps some people sleep better, while it clearly disrupts other people's sleep. For some it depends on what they eat. For others, eating anything at all is a problem. This question only concerns the latter.

Eating just about anything before going to bed:

- A: disrupts or worsens my sleep
- B: doesn't seem to make a difference; I can take it or leave it
- C: usually helps me sleep better

22. Eating Heavy Food Before Bed

Please indicate what reaction you would typically have eating heavy foods before bed time. "Heavy Food" refers to protein foods or fatty foods like meat, fowl, and cheese.

- A: It prevents or disturbs my sleep
- B: It's usually ok, as long as it isn't too much
- C: It improves my sleep

23. Eating Light Food Before Bed

Please indicate what reaction you would typically have eating light foods before bed time. “Light Food” refers to carbohydrates like bread, toast, cereal or fruit – perhaps accompanied by small amounts of food like milk, yoghurt or nut butter

- A: I usually don't do well eating before sleep, but I definitely do better with lighter food
- B: I can take it or leave it
- C: It's better than nothing, but I do better with heavier food

24. Eating Sweets Before Bed

People have quite a range of reactions to sweets and sugars. Some can eat sugar and go to sleep and note no ill effect; it does not keep them from sleeping or disturb their sleep in any way. For others, sweets can cause insomnia, prevent them from sleeping soundly, or cause them to wake up, needing to eat something in order to go back to sleep. (Skip this question if you know you have Candida overgrowth problems or are diagnosed as hypoglycaemic or diabetic) How do sweets affect your sleep?

- A: Sweets don't interfere with my sleep at all
- B: Sweets sometimes bother my sleep
- C: I clearly don't do well eating sweets before sleep

25. Eating Frequency

How often do you eat each day? The answer to that question should reflect your need to eat. For maximum energy and performance, some people need to eat more than three times a day. For others twice is plenty. How often do you need to eat in order to maximise well being and productivity?

- A: 2 to 3 meals a day and either no snacks, usually, or a light snack
- B: 3 times a day and no snacks, usually
- C: 3 meals or more a day and snacks, often something substantial

26. Eating Habits

Different types of metabolisers have different feelings towards food. Some people are very focussed on food. They think about it a lot. They imagine what they'll be eating long before meal times. They enjoy talking about food, particularly about their likes and dislikes or recounting stories of great meals or restaurants. These are the “*live to eat*” types. For others, food is the last thing on their minds, even to the point of forgetting to eat. They tend to view food more as one of life's unavoidable necessities, as compared to one of life's real pleasures. Having to eat is bad enough, but talking about food is an uninteresting waste of time. They're the “*eat to live*” types. What's your attitude toward food?

- A: I'm unconcerned with food or eating; may forget to eat, rarely think about food; eat more because I have to than because I want to
- B: I enjoy food, enjoy eating, rarely miss a meal, but don't really focus on food in any way
- C: I love food, love to eat, food is a big or central part of my life

27. Eye Moisture

Like most functions in the body, eye moisture is something we really don't notice unless it's out of balance. Everyone's eyes at some point will feel too dry, or perhaps produce excessive moisture and tearing. But some people have a *noticeable tendency* in one direction or the other. Which of the following best describes your eyes?

- A: My eyes tend to be dry
- B: I don't notice one way or the other
- C: My eyes tend to be very moist, even to the point of tearing

28. Skipping Meals

Some metabolic types hardly notice when they haven't eaten. They often just happen to look at their watch and realise that it's long past their meal time. But other metabolic types don't do well at all if they miss a meal. Their bodies let them know in no uncertain terms that it's time to eat. If they miss a meal, their performance drops dramatically. What happens to you when you go for four hours or more without eating or skip a meal altogether?

- A: Doesn't really bother me. I can easily forget to eat
- B: I may not be at my best, but it doesn't bother me, really
- C: I definitely feel worse, getting irritable, jittery, weak, tired, and low on energy, depressed, or other negative symptoms

29. Facial Colouring

The combination of thickness of the skin along with blood flow can produce variability in facial colouring. Increased blood flow can produce a pink, red, flushed ruddy appearance, while decreased flow can produce a noticeably pale look. How would you characterise your facial colouring?

- A: I'm noticeably on the pale side
- B: I have average colouring
- C: I'm noticeably darker (not from the sun) or pink, flushed, ruddy

30. Facial Complexion

Some people have a very bright look on their face. The skin may appear noticeably clear, translucent, and shiny. Others can have the opposite look: noticeably pasty, chalky, unclear, and dull. Most fall somewhere in between. How would you characterise your facial complexion?

- A: more dull or pasty
- B: average
- C: bright, radiant, clear

31. Fatty Food

Contrary to popular opinion these days, fatty foods are not bad for everyone. They're actually beneficial for some metabolic types. How do you feel about fatty foods?

Remember don't respond by indicating how you think you're supposed to feel. Value judgements aside, how much do you like or dislike fatty foods in general?

- A: I don't really like fatty foods
- B: They're fine in moderation
- C: I love them or crave them and would like them often, if I knew they were good for me

32. Fingernail Thickness

Fingernails have a lot of properties: size, shape, moon or no moon, ridges or smooth surfaces and so on. They can even develop troughs or they can curl. But this question only pertains to thickness. How would you characterise the thickness of your fingernails?

- A: My nails tend to be thick, strong, and hard
- B: Seems average in thickness
- C: I definitely tend to have thin and/or weak nails

33. Fruit Salad Lunch

How would you tend to feel after eating a (large) fruit salad with a little cottage cheese or yoghurt for lunch?

- A: It satisfies me; I do well on it and don't get hungry until dinner
- B: I do pretty well, but usually need a snack before dinner
- C: Pretty bad result. I usually get sleepy, tired, spacey, depressed, anxious, irritable, and/or hungry as a result and definitely need to eat something else before dinner

34. Gaining Weight

When you eat foods that are wrong for your metabolic type, what usually happens is that the food does not get fully converted to energy but gets stored as fat instead. Which of the following options best describes your tendency to gain weight?

- A: Meats and fatty foods cause me to gain weight
- B: No particular foods seems to cause me to gain weight, but I'll gain weight if I eat too much and don't get enough exercise
- C: I tend to gain weight eating too many carbs (bread, pasta, other grain products, fruit, and/or vegetables)

35. Gag Reflex

No one likes to gag, but everyone has a gag reflex. However, sensitivity to the gag reflex varies dramatically. Some people gag often and very, very easily – at the dentist's while brushing teeth and tongue, even from eating. Others rarely, if ever gag and it takes a lot for them to gag when they do. How would you describe your gag reflex?

- A: I rarely if ever gag: it's hard to make me gag
- B: I probably have a normal reflex

C: I easily gag and/or often gag

36. Goose Bumps

The formation of goose bumps is a reaction produced by the nervous system. They often appear on the arms and legs as a result of fright, or a sudden chill, or light brushing or touching of the skin. Some people form goose bumps very easy and often, while others rarely, if ever seem to form them. Are you prone to goose bumps?

- A: I often get goose bumps
B: I occasionally get goose bumps
C: I rarely, if ever, get goose bumps

37. Energy Boosters

Food is our fuel for life. But different foods have different energy-boosting effects on difference metabolic types. Most people know how to bolster their energy using either wholesome foods or quick pick-me-ups like sugar or caffeine. What kinds of foods generally boost your energy – and give you lasting energy?

- A: Fruit, candy, or pastry restores and gives me energy
B: Just about any food restores my energy
C: Meat or fatty food restores my energy and well-being

38. Heavy-Fat-Meal Reaction

Liking fat is one thing, but how you react to it is another. Let's find out here. Note that this question concerns how you feel after eating fat, not whether you think fat is good for you. Please choose the option that best describes how you would react to a high fat meal.

- A: decreases my well-being and energy, or makes me sleepy, or too full, or causes indigestion
B: causes no special reaction one way or the other
C: increases my well-being; makes me feel energetic, satisfied, like "I had a good meal."

39. Hunger Feelings

Getting hungry can produce a variety of symptoms, ranging from occasional thoughts of food, to all out hunger pangs, even to the point of nausea. What kind of hunger signals do you typically get from your body?

- A: I rarely get hungry or feel real hunger, or have weak hunger feelings that pass quickly, or can easily go long periods without eating, or can forget about food altogether
B: I have pretty normal hunger around meal times or when I'm late for meals
C: I often feel hungry, need to eat regularly and often; may get strong hunger sensations.

40. Energy Drain

What kinds of foods take your energy level down a notch or two instead of giving you the boost you're looking for?

- A: Meat or fatty food generally makes me more tired, lowers my energy even more
- B: No foods in particular seem to take me down on a regular basis
- C: Fruit, pastry or candy makes me worse, usually giving me a quick lift, then a crash

41. Insect Bite or Sting

No-one likes to get stung by a bee or bitten by a mosquito. But reactions can be extremely varied, ranging from a very small or mild reaction that disappears quickly to a very strong reaction (nonallergic) involving itching, pain, bruising or welts that take a long time to go away, sometimes leaving discolouration for weeks or months. How do insect bites or stings affect you?

- A: Reactions tend to be mild or weak and go away quickly
- B: Average reaction
- C: Clearly strong reaction, stronger than most (can involve above-average swelling, pain itching, bruising, redness,) and can take a long time to go away, even leaving discoloration afterward

42. Insomnia

There are many kinds of insomnia. But with a certain type of insomnia, people routinely wake up in the middle of the night for reasons other than having to go to the bathroom. Typically with this type of insomnia, people need to eat something in order to fall asleep again. With that in mind, do any of the following choices apply to you?

- A: I rarely or never get this kind of insomnia
- B: I occasionally wake up and need to eat in order to go back to sleep
- C: I often wake up and need to eat in order to go back to sleep. Eating something before going to sleep helps this problem or shortens the time that I'm awake

43. Itching Eyes

From time to time, everyone experiences itching eyes. This can happen when you have a cold, or hay fever, or Candida overgrowth or allergies. But for many people, itching eyes can be a common occurrence even when the above conditions are not present. This is the focus of this question.

- A: *(left blank on purpose)*
- B: *(left blank on purpose)*
- C: I tend to get itching eyes often, even though I don't have a cold, allergy, or Candida problem

44. Itching Skin

This question concerns itching skin that is not due to bites or strings. Everyone's skin itches occasionally. But some people find that their skin itches on a regular daily basis,

typically the scalp, arms or calves. Because they're so used to it, they may not even be conscious of their frequent scratching.

- A: *(left blank on purpose)*
B: *(left blank on purpose)*
C: My skin tends to itch often

45. Meal Portions

Most everyone eats at least three meals a day. But the amounts at each meal can vary dramatically. Some people eat a lot of food and may even have two or three helpings. Others eat very little but still feel full as a result. If you're not sure, think of it this way: When you eat out, do you usually eat less than others, more than others or about the same as others.

- A: I don't eat that much. I definitely eat less than average. Doesn't take much to get me full
B: I don't seem to eat more – or less than other people
C: I generally eat large portions of food, usually more than most people

46. Nose Moisture

Normally we are not aware of the moisture content of the skin inside our nostrils. It's only when the nose becomes too dry or too moist (runny and watery) that we're likely to think about it at all. Please select the option that best describes the way you are when you are not ill or suffering from an allergic reaction

- A: My nose often seems to dry
B: I don't notice my nose being too dry or too moist
C: My nose often tends to run

47. Fruit Juice Between Meals

If you're hungry, say between meals, how does drinking a glass of orange juice (or other fruit juice) affect you? Overall is it a good effect or a bad effect. Does drinking fruit juice satisfy your appetite and leave you feeling well until your next meal? Or does it result in some kind of adverse reaction?

- A: It energizes me, satisfies me, and works well to nourish me until my next meal
B: its ok, but isn't always the best snack for me
C: Overall bad result. Can make me light headed, hungry soon after, jittery, shaky, nauseated, anxious, depressed etc

48. Personality

People have distinctly different personality traits and many of these traits are related to or heavily influenced by one's biochemical makeup. Which of the following describes your natural tendency in social gatherings or your preference with respect to day to day interactions with other people?

- A: I tend to be more aloof, withdrawn, a loner, or introverted
B: I'm pretty average neither introverted nor extroverted

C: I tend to be more social, a “people person” or extroverted

49. Potatoes

Potatoes are a wonderful food and they have many nutritional attributes. But they aren't the best food for some metabolic types. Whether or not you think that potatoes are good for you, how do you feel about potatoes?

A: I don't really care for them that much or don't like them at all

B: I can take them or leave them

C: I really love them, could eat them almost every day

50. Red Meat

Contrary to public wisdom, red meat is a healthy food choice for some metabolic types. When you eat red meat – like steak or roast beef, how do you normally feel afterward? Here we are seeking your reaction to red meat, not your belief as to whether or not you think it's good or bad for you

A: It decreases my energy and well being. Can make me depressed or irritable

B: I don't notice one way or the other

C: I definitely feel good or better when I eat red meat

51. Pupil Size

Your pupils are the black, centre portion of your eyes. The iris is the coloured portion that surrounds the pupil. This question concerns the size of the pupil relative to the size of the iris. Average means the pupil and iris are basically the same size, Larger means the width of the pupil is clearly larger than the width of the iris. To answer this question first look in the mirror, but do so on an average – lighted room – not dark, not bright.

The size of my pupil tends to be:

A: Larger than my iris

B: Average. The same size as my iris

C: Smaller than my iris

52. Salad For Lunch

If you eat the wrong foods for lunch, you're likely to tank in the afternoon. Instead of being productive you may find you can barely keep your eyes open or you need a coffee or candy to try and stay awake and focused. If you ate a large vegetarian salad for lunch, what effect would it have on your productivity through the afternoon?

A: I do pretty well with that kind of lunch

B: I can get by but it isn't the best kind of food for me

C: Bad result. Makes me feel sleepy, tired, lethargic, or hyper, nervous, irritable

53. Saliva Quantity

Many people have had the experience of their mouth becoming very dry when frightened or nervous, such as when they are about to give a speech. In contrast, most of us have experienced our mouth's "watering" when we encounter the aroma of good food. However for some people, these conditions are their natural tendency for no apparent reason. Please select the option that most accurately characterises your saliva.

- A: My mouth tends to be dry a lot of the time
- B: I don't notice that I have too little or too much saliva
- C: I tend to have a lot of saliva, or I have a tendency to drooling

54. Salty Foods

Salt like sweet is one of the six tastes. And like sweet, people have a varied reaction and interest in salt. Some people salt their food heavily and seem to crave it. Others really aren't that interested in it and actually many prepared foods taste too salty. Whether or not you feel that salt is good for you, how do you feel about salt?

- A: Foods often taste too salty or I like my food lightly salted
- B: I don't really notice salt one way or the other. Rarely seems like too much or too little. Just use an average amount on foods
- C: I really love salt, or crave it. Like a lot of salty on foods, to the point that others think my food is too salty

55. Snacking

Assume for this question that you eat three meals a day. If this is the case, do you typically need to snack or to eat something between meals? Or are those three meals a day all the food you need for peak performance?

- A: I rarely if never want or need snacks
- B: I occasionally want or need a snack
- C: I often want or need to snack between meals

56. Snack Preference

A good snack should provide you with lasting energy and improve your emotional well being in addition to satisfying your hunger. It should also NOT produce a negative effect such as a craving for sweets. With this in mind which of the following choices your preference for snacks?

- A: I generally don't need snacks, but if I do have one, I usually prefer and do well on something sweet
- B: I sometimes need snacks and do well on pretty much anything
- C: I definitely want and need snacks in order to be at my best. Do poorly on sweets, but do well on protein and fat (meat, chicken, cheese, hard boiled eggs, and nuts)

57. Sneezing

We usually think of sneezing in connection with colds and allergies. But some people sneeze daily as a matter of course even when they're not sick or plagued with allergies. For example, some people sneeze routinely after eating. This question pertains to brief sneezing attacks composed of just one or two sneezes – not continuous, prolonged sneezing attacks. With that in mind, please select the option that best describes you.

- A: I almost never sneeze unless I'm sick or have allergies
- B: I do sneeze from time to time when not sick or allergic, but not regularly
- C: I often regularly tend to sneeze and/or usually sneeze a little after eating

58. Sociability

Many people believe that social tendencies are learned behaviour. But one need only look at siblings in family that people have innate tendencies with regard to sociability, even though these tendencies are influenced to a degree by life experiences. How would you describe your natural, innate tendency toward sociability, apart from the way your family or friends may have influenced you in this regard?

- A: I tend to be a little anti-social in that I enjoy being alone, feel awkward at social gatherings or parties and usually prefer to leave quickly or not go at all
- B: I the middle – not really antisocial but also not compelled to be with others
- C: I tend to be very social a "people person" and love company and to be with others, prefer not to be with others

59. Sour Foods

Sour like sweet and salty is one of the six tastes. Some people really like, love or even crave sour foods like pickles, sauerkraut, vinegar, lemon juice or yoghurt. Others have an aversion to sour foods or just don't like them all that much. Which of the following best describes your reaction to sour foods?

- A: I generally don't care for sour foods
- B: I don't feel one way or the other. Don't like or dislike them much more than other food
- C: I definitely like some sour foods or crave them

60. Physical And Mental Stamina

Stamina refers to physical endurance, or the ability to persevere or work long hours without exhaustion. This capacity is greatly dependent on what we eat. Some foods optimise physical and mental stamina, while other foods noticeably reduce it. What types of foods best support your stamina?

My stamina is better when I eat:

- A: lighter foods like chicken, fish, fruit, vegetables, grains
- B: pretty much any wholesome food
- C: heavy foods, fatty foods

61. Consuming Sweets

There's hardly anyone who doesn't like sweets from time to time. But this question is not concerned with whether or not you like sweets. Rather how do you react when you eat something sweet all by itself (cake, cookies, and candy)

- A: Sweets don't bother me even when I eat them by themselves. Generally sweets satisfy my appetite and don't produce bad reactions
- B: I'm sometimes bothered by eating sweets by themselves and often they don't satisfy my appetite
- C: I usually don't do well eating sweets by themselves. They usually produce some manner of bad reaction and/or create a desire for more sweets

62. Meat For Breakfast

In this question, meat refers to flesh proteins like ham, sausage, bacon, steak, hamburger and salmon. How do you feel after consuming meat for breakfast as opposed to going without it? Remember this question does not include eggs, milk, or cheese as a substitute for animal proteins listed above.

- A: I don't feel as well as I do with out it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, and thirsty or causes me to lose my energy by midmorning
- B: I can take it or leave it
- C: I feel much better with it, more energetic, have good stamina, and keeps me going without getting hungry before lunch

63. Red Meat For Lunch

In this question, red meat refers to flesh proteins like beef or lamb. How do you feel after consuming red meat for lunch as opposed to going without it? Remember this question does not include eggs, milk, or cheese as a substitute for animal proteins listed above.

- A: I don't feel as well as I do with out it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, and thirsty or causes me to lose my energy by midmorning
- B: I can take it or leave it
- C: I feel much better with it, more energetic, have good stamina, and keeps me going without getting hungry before dinner

64. Red Meat For Dinner

In this question, red meat refers to flesh proteins like beef or lamb. How do you feel after consuming red meat for dinner as opposed to going without it? Remember this question does not include eggs, milk, or cheese as a substitute for animal proteins listed above.

- A: I don't feel as well as I do with out it. Tends to make me feel more tired, sleepy, lethargic, angry, irritable, and thirsty or causes me to lose my energy by midmorning
- B: I can take it or leave it

- C: I feel much better with it, more energetic, have good stamina, and keeps me going without getting hungry before bedtime

65. Dinner Preference

Pretend you are on holiday on a long drive. It's late in the evening and you spot a sign, "RESTAURANT AHEAD 10 KMS, NEXT EATING PLACE 110KMS". You're hungry so you decide to pull into the restaurant. There you find only 3 choices on the menu – Dinner Plates A, B & C. Since you have a long drive ahead of you, it's essential for you to eat the kind of food that will keep you awake and energised. Which dinner plate would you choose to give you the best stamina, energy and alertness?

- A: Skinless chicken breast, rice & salad
 B: A combination of plates A & C
 C: Roast with carrots, onions, potatoes, served with gravy and cheesecake

SCORING YOUR TEST IDENTIFYING YOUR TYPE

Congratulations on completing the self test. You are about to identify you metabolic type!

All you need to do is now tally up your score. It's very simple. Just follow the three easy steps below.

1. On each page of the self test, add up the number of times you circled choices A, B & C and write each sub total at the bottom of the page in the "Page Tallies" box.
2. Add up all the sub-totals on each page and write them in this scoring box

Total "A" Answers: _____
Total "B" Answers: _____
Total "C" Answers: _____

3. Next, refer to the box above select you metabolic type classification using the following criteria:
 - If your number of "A" answers is 5 or more than both "B" and "C" then you are a **"CARBOHYDRATE"** Type
 - If your number of "C" answers is 5 or more than both "A" and "B" then you are a **"PROTEIN"** Type
 - If your number of "B" answers is 5 or more than both "A" and "C" then you are a **"MIXED"** Type
 - If neither "A", "B" or "C" answers are 5 or more than both the other two then you are a **"MIXED"** Type

Now you've discovered what metabolic type you are. Simply return this scoring sheet only to me and I'll take you through the next step, actually designing for you an eating plan specifically based on your metabolic type.

Your last requirement is to keep a record of everything that crosses your lips for 7 full days. By everything I mean EVERYTHING. Food, water, alcohol, sweets, cakes, biscuits, everything. Not only do we need to see what you eat and drink, but also, when so make sure you track the times as well.

7 DAY FOOD DIARY

	TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast								
Morning Tea								
Lunch								
Afternoon Tea								
Dinner								
Evening Snack								