



where weight loss is a science

UNDERLYING METABOLIC IMBALANCES: INSULIN RESISTANCE

Directions: This questionnaire asks you to assess how you have been feeling during the past two months. This information will help us determine whether insulin resistance is one of your underlying metabolic imbalances as well as how this changes as you progress with your program.

For each question, circle the number that best describes your symptoms:

0 = No or Rarely – You have never experienced the symptom or the symptom is familiar to you but you perceive it as insignificant.

1 = Occasionally – Symptom comes and goes and is linked in your mind to stress, diet, fatigue or some other identifiable trigger

4 = Often – Symptom occurs 2-3 times per week and /or with a frequency that bothers you enough that you would like to do something about it

8 = Frequently – Symptom occurs 4 or more times per week and/or you are aware of the symptom every day, or it occurs with regularly on a monthly or cyclical basis

Some questions require a YES or NO response: 0 = NO, 8 = YES

1. Crave sweets, eat them, get a temporary boost, then crash	0	1	4	8
2. Have trouble burning off fat	0	1	4	8
3. Get irritable, jittery, anxious, tired or develop headaches if go more than 3-4 hours without food	0	1	4	8
4. Eat a carbohydrate-rich breakfast (i.e., muffin, bagel, cereal, pancakes, toast, donut, etc.)	0	1	4	8
5. Hard to stop eating carbohydrates	0	1	4	8
6. Have heart palpitations after eating sweets	0	1	4	8
7. Get moody, impatient or anxious	0	1	4	8
8. Poor memory or concentration	0	1	4	8
9. Feel more calm after eating	0	1	4	8
10. Take medication or supplements for blood sugar control	0	1	4	8
11. Diagnosed with diabetes, polycystic ovarian syndrome (PCOS), or metabolic syndrome	0	1	4	8
12. Get infections or illness (i.e., regular colds/flu) or poor wound	0	1	4	8
13. Tired most of the time	0	1	4	8
14. Chronic fungal infections (i.e., yeast infections, jock itch, athlete's foot; dry, scaly patches of skin)	0	1	4	8
15. Drink soda (diet or regular)	0	1	4	8
16. Use artificial sweeteners	0	1	4	8



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17. Skip meals during the day	0	1	4	8
18. Does your weight seem to be mainly around your waistline?	0	1	4	8
19. Do you have high blood pressure?	0	1	4	8
20. Is your waist 35" or greater for women or 40" or great for men?	0	1	4	8
21. Low HDL levels (<40 mg/dl for men; <50 mg/dl for women)	0	1	4	8
22. High triglycerides (>100 mg/dl)	0	1	4	8
23. Triglyceride:HDL ratio greater than 3:1	0	1	4	8
24. Abnormal liver function tests (AST, ALT, GGT) or fatty liver	0	1	4	8
25. Fasting blood sugar level >100 mg/dl	0	1	4	8
26. Hemoglobin A1c greater than 5.5	0	1	4	8
27. Is your body fat percentage greater than 37% for a woman or 29% for a man?	0	1	4	8

TOTAL POINTS

If your total score is greater than 24, Insulin Resistance is likely one of your top UMIs.

In addition, even if your score is not greater than 24, Insulin Resistance is likely one of your UMIs if one or more of the following key questions is an 8: Key questions are 10,11, 15, 16, 18, 20, 25 and 27