



Santa Rosa, CA 95404

Stress & Carb Assessment Questionnaire

Where should you be on the carb spectrum? There are several effective routes to health and fat loss using low carb, Atkins, keto, etc. However, as we've already established, there is no one size fits all solution.

Some people thrive on very low carb diets and some thrive with the carb levels set a bit higher. Some experimentation is needed to figure out where you do best.

Take the brief Stress & Carb Level Assessment below to determine if you should set your carb targets at ketogenic levels or slightly higher.

Circle "Yes" or "No" in response to the following:

Are you sleeping fewer than 7 hours a night?

Yes No

Are you a shift worker?

Yes No

Do you have "adrenal fatigue"?

Yes No

Do you do high intensity exercise?

Yes No

Do you have fewer than 25 pounds to lose? (Or are you below 10% bodyfat?)

Yes No

Would you rate you overall stress levels as high? (work, financial, relationship, etc)

Yes No

Has a trainer/coach ever said you should back off training? (over-exercise?)

Yes No

Have you been diagnosed with hypo- or hyperthyroidism?

Yes No



Are you constantly tired and wired? So tired, all you want to do is fall asleep, but you're unable to?

Yes No

Are you a new parent?

Yes No

Women: Are you pregnant or breastfeeding?

Yes No

If you answered "Yes" to just one of these questions, consider the following guidelines when choosing the right level of carbs for your specific needs:

1. Experiment with carb levels: Set daily carb allowance around 50-75g/day of veggies and berries, still avoiding processed foods. This level is considered "low carb" and has tremendous health benefits.
2. Seasonal ketosis: Adjust for higher carbs when fruit is in season, and lower your carb intake during the winter. Alternatively, if your life and work schedule has periods of less demand, consider lowering carbs to about 25-50g. Ramp the carbs back up when your daily routine becomes more hectic.