

LEVEL OF COMPLIANCE:

0= Don't know 1= NOT 2= A LITTLE 3= SOMEWHAT 4= MOSTLY 5= FULLY!

I eat within 30 minutes of waking up and I do not eat within 2 hours of going to bed.

This habit is really about starting and finishing your day well. Even if your day did not go as well as you had planned, you can still finish well. This is an important habit because often if I had eaten in such a way throughout the day that I was not happy about or proud of, by giving myself a second opportunity to finish well it helped me to get out of this all or nothing mentality.

- You will score yourself a 0 if you are compliant with this habit so infrequently that you cannot remember whether you ate in the morning, or how late you ate before you went to bed.
- Score yourself a 1 if you are not placing preparation as a priority the night before or if you continuously skip breakfast and eat late into the evenings.
- Score yourself a 2 if you eat breakfast 3 days out of 7 but it's not within the time frame of 30mins or a maximum of an hour after waking. And, if you are eating your final meal of the day 2 hours before bed, 3 or more days out of 7.
- Score yourself a 3 if you eat breakfast 4 days out of 7 within the time frame of 30mins or a maximum of an hour after waking. And, if you are eating your final meal of the day 2 hours before bed, 4 or more days out of 7.

- Score yourself a 4 if you eat breakfast 5 or more times during the week within 30-60 mins after waking. And, if you are eating your final meal of the day 2 hours before bed, 5 or more days out of 7.
- Score yourself a 5 if you are eating breakfast 6 or more times during the week within 30 mins after waking. And, if you are eating your final meal 2 hours before bed 6 days out of 7.

I eat every 3 hours. If I'm hungry before then I'll eat and adjust my time accordingly.

This habit is about listening to your body's cues and stabilising blood sugar. Until you can get this habit apart of your daily thinking then you will find it difficult to lose weight without starving yourself.

- You will score yourself a 0 if you are unaware of the times that you are eating.
- Score yourself a 1 if you are aware of the times to eat, but you are regularly not making it a priority to eat when necessary.
- Score yourself a 2 if you are aware of the times to eat but you are eating too soon and not feeling hungry for your next meal, or, you are waiting too long and over-eating at the following meal.
- Score yourself a 3 if you are aware of your hunger cues and are managing your meals and snacks 3 days out of 7.
- Score yourself a 4 if you are aware of your hunger cues, and are managing your meals and snacks 5 days out of 7. And you are also able to confidently manage your way around the weekend with the change of routine.

- Score yourself a 5 if you are able to do all these things 6 days out of 7 and adjust if you are also changing the times that you are exercising.

I eat according to my goals. Low GL to lose weight, and Medium GL to maintain.

This habit is about managing your carbohydrate intake so as not to spike your blood sugars. And also having an understanding on how to manage your carbohydrate intake based on the amount of energy (not calories) you are expending, or not expending. Usually through exercise.

- You will score yourself a 0 if you if you don't know how much is too much or not enough carbohydrate to consume per meal.
- Score yourself a 1 if you have some idea but you are regularly choosing to eat low quality simple carbohydrates.
- Score yourself a 2 if you are eating low glycemic load one main meal per day.
- Score yourself a 3 if you are eating low glycemic load 2 main meals per day, 4 days out of 7.
- Score yourself a 4 if you are eating low glycemic load 3 main meals per day, including 2 snacks per day, 5 days out of 7, and you are able to determine which meals are best to consume certain carbohydrates post exercise.
- Score yourself a 5 if you are eating low glycemic load 3 main meals per day, including 2 snacks per day 6 days out of 7, and you are able

to adjust your glycemic loads to medium or high depending on your activity level. You are also comfortable asking to exchange simple carbohydrates for complex ones when you're eating out.

I eat enough protein with my meals and snacks.

This habit is about knowing how much protein and which are the best proteins to consume on both higher and lower activity days. Understanding this will help to minimise cravings due to feeling hungry too soon.

- You will score yourself a 0 if you do not know how much protein you are eating per day nor do you remember how much you need.
- Score yourself a 1 if you know how much you need but you are not aware of how much protein you are eating.
- Score yourself a 2 if you know how much protein you need, but you are guessing because you do not know how much protein is in common high protein foods such as poultry, red meat, fish, eggs, dairy, the nutrimeal shake, legumes, beans and almonds.
- Score yourself a 3 if you know how much protein you need, and you are aware of how much protein is in common high protein foods and you are neither overeating or undereating your daily amount 3 days out of 7.
- Score yourself a 4 if you are eating enough protein, you know the common high protein foods, you are neither overeating or undereating your daily amount 5 days out of 7.

- Score yourself a 5 if you are eating enough protein, you know the common high protein foods, you are neither overeating or undereating your daily amount 6 days out of 7. You are also able to adjust the portion or include protein into your snacks or into a main meal depending on activity level.
- You are also including vegetarian proteins into your meal prep.

I eat good fats with my meals and snacks. Especially the Omega 3's

This habit is about recognising the difference between the different fats, and to develop a healthy intake of fats according to the ratio between omega 3's and 6's, saturated and to the degree you eliminate trans fats from your diet.

Also having an understanding of how much fats you need to eat.

- You will score yourself a 0 if you do not know the difference between omega 3, omega 6, saturated and transfats.
- Score yourself a 1 if you sort of know which are which but you are not considering your 3's and 6's as apart of your daily fat intake. Nor do you know how much fats to eat daily in terms of portion sizing.
- Score yourself a 2 if you know the difference between the fats and you are eating both sources of omega 3's and 6's 3 days per week.
- Score yourself a 3 if you know the difference between the fats, you are cooking with either a coconut oil, ghee/butter or other oil that can withstand heat such as olive or avocado when necessary. You are also including fats such as walnuts, chia seeds, flax or linseeds into your diet 3 or more times per week.

- Score yourself a 4 if you know the fats and you are cooking with the appropriate kinds when necessary. You are also including fats such as walnuts, chia seeds, flax or linseeds or their oils into your diet 4 or more times per week. You are also including a high quality pharmaceutical grade fish oil capsule 2x per day at a total of 2gms minimum.
- Score yourself a 5 if you know the fats, you are cooking with the appropriate kinds when necessary. You are also including fats such as walnuts, chia seeds, flax or linseeds or their oils into your diet 4 or more times per week. You are also including a high quality pharmaceutical grade fish oil capsule 2x per day at a total of 2gms minimum. You are also label reading and checking for the words trans fats and hydrogenated vegetable oil.

I get at least 35 grams of fibre per day.

This habit is about good gut health, and understanding that a healthy working bowel system is key to weight loss and excellent health. Knowing which foods contain high fibre and incorporating them into your daily diet is a skill that must be practiced.

- You will score yourself a 0 if you do not know how much fibre you need per day
- Score yourself a 1 if you know how much fibre you need but you do not know how much fibre you are consuming per day.
- Score yourself a 2 if you know the top sources of fibre such as legumes and beans. Whole grains such as quinoa, brown rice, pearled barley, bulgur wheat. Fruits, vegetables, seeds and nuts. And

you are consuming them and reaching your daily fibre needs 2 days per week

- Score yourself a 3 if you know the highest fibre foods including the Usana Nutrimeal and the Usana Fibergy supplement; and you are using any of these and reaching your daily fibre needs 3 days per week.
- Score yourself a 4 if you know the highest fibre foods including the Usana Nutrimeal and the Usana Fibergy supplement; and you are using any of these and reaching your daily fibre needs 5 days per week. You also have daily bowel movements.
- Score yourself a 5 if you know the highest fibre foods including the Usana Nutrimeal and the Usana Fibergy supplement; and you are using any of these and reaching your daily fibre needs 5 days per week.
- You also have daily bowel movements. And, you are consuming fermented beverages such as kombucha and keifer. Also foods like kimchee, and other fermented vegetables. Also a probiotic.

I stay hydrated throughout the day.

This habit is about recognising that a focus on high micronutrient intake is required for Optimal health, energy, vitality, weight management and all other things healthy living related. Staying hydrated is key for all these processes to be functioning at the optimal level.

- You will score yourself a 0 if you do not know the optimal servings of vegetable intake per day.
- Score yourself a 1 if you know the servings recommended but you are not consuming vegetables other than during your evening meal.
- Score yourself a 2 if you are consuming 3 or more serves of vegetables 2x per day at least 3 days of the week.
- Score yourself a 3 if you are consuming 3 or more serves (1 fist = 1 serve) of vegetables per day at least 4 days of the week and 1 serve per day is dark leafy greens such as spinach, kale, silverbeet.
- Score yourself a 4 if you are consuming 5 or more serves (1 fist = 1 serve) of vegetables per day at least 5 days of the week and 1 serve per day is dark leafy greens such as spinach, kale, silverbeet. Also 1 other serve is raw.
- Score yourself a 5 if you are consuming 6 or more serves (1 fist = 1 serve) of vegetables per day at least 5 days of the week and at 1 serve per day is dark leafy greens such as spinach, kale, silverbeet. And, 1/2 of your vegetable intake is raw. You are also supplementing with the hepa plus (Liver support supplement).

I take a high potency, pharmaceutical grade multivitamin 2X a day.

This habit is about understanding that achieving optimal health needs optimal micronutrition that can only be achieved when supplementing a quality, whole food high nutrient based diet and supplementing it with a high potency, pharmaceutical grade multivitamin 2x per day. In the morning for protection and in the evening for recovery.

- You will score yourself a 0 if you do not know that there is a difference between pharmaceutical grade vitamins and food grade such as the ones purchased through retail stores.
- Score yourself a 1 if you are not consuming a High potency multivitamin.
- Score yourself a 2 if you are consuming your vitamins 1x per day, most days.
- Score yourself a 3 if you are consuming your vitamins 2x per day, 4 days out of 7.
- Score yourself a 4 if you are consuming your vitamins 2x per day, 6 days out of 7 and you are also supplementing with extra vitamin support such as the Biomega 3 fish oil.
- Score yourself a 5 if you are consuming your vitamins 2x per day, 7 days out of 7 and you are also supplementing with extra vitamin support such as the Biomega 3 fish oil and the active calcium or magnesium supplement.

I have a modest exercise program. One that is aligned to my goals.

This habit is about recognising that true health is only achieved when movement is a part of your daily routine and that it must be prioritised daily. Both cardiovascular health, the increase or maintenance of lean muscle and flexibility contribute to managed stress, and both physical and spiritual health.

- You will score yourself a 0 if you do not know the difference between anaerobic and aerobic exercise.
- Score yourself a 1 if you know the difference but you are practising neither for a focused period of time.
- Score yourself a 2 if you are practising exercise of any duration and any intensity including stretching, a minimum of 3 days per week
- Score yourself a 3 if you are practising exercise a minimum of 30 mins at least 4x per week and you are progressing either your intensity, duration, frequency or distance at least once per every 4-8 weeks. (not including stretching)
- Score yourself a 4 if you are practising both anaerobic and aerobic exercise at least 4x per week and you are progressing in either your intensity, duration, frequency or distance at least once per every 4-8 weeks.
- Score yourself a 5 if you are practising both anaerobic and aerobic exercise at least 4x per week and you are progressing in either your intensity, duration, frequency or distance at least once per every 4-6 weeks. Also, you can lift or press your own body weight including 10 pressups, or 2 pull ups. And you can run 5km without stopping.

I get adequate rest and recovery

This habit is about understanding the value of recovery. This is where progress is truly made as it's when fat burns the most, and fat is the best fuel for your body to use during recovery.

- You will score yourself a 0 if you do not know how to create an end of day routine.
- Score yourself a 1 if you do not have an end of day routine or you are not aerobically exercising.
- Score yourself a 2 if you are getting into deep sleep 3x per week or more and you either have an end of day routine or your are aerobically exercising 2x per week or more.
- Score yourself a 3 if you are getting into deep sleep 4x per week or more and you either have an end of day routine or your are aerobically exercising 3x per week or more.
- Score yourself a 4 if you are getting into deep sleep 5x per week or more and you either have an end of day routine or your are aerobically exercising 4x per week or more. You are not exercising anaerobically back to back days or you are not exercising the same body part 2 days in a row.
- Score yourself a 5 if you are getting into deep sleep 5x per week or more and you either have an end of day routine or your are aerobically exercising 4x per week or more. You are not exercising anaerobically back to back days or you are not exercising the same body part 2 days in a row. You are also stretching 3x per week or more. And you are practising diaphragmatic breathing.

MY TOTAL SCORE: _____ POSSIBLE SCORE: 50