

## ***Fat is Not Your Fate* Weight Trigger Quiz**

Taking the following Weight Trigger Quiz will help you focus on those negative influences that most pertain to you. Examining your routine honestly, and factoring in its effect on your body chemistry, will leave no doubt as to how your opportunities for weight loss are sabotaged. Please read each statement under every category and answer true or false as it relates to you.

### **Toxic Food Choices**

- T F I prefer fried foods and eat them regularly.
- T F I love sweets and treats and eat them often.
- T F I drink regular soft drinks and drink them often.
- T F I eat at fast-food restaurants three or more times per week.
- T F I eat chips, crackers, or cookies regularly.
- T F I rarely prepare food at home.
- T F I don't like vegetables or I rarely eat them.
- T F I don't like many fruits or I rarely eat them.
- T F My regular beverage choices contain calories from juice, fruit drinks or sodas.
- T F I drink more than three alcohol drinks per day (men) or more than two drinks per day (women).

### **Lack of Structured Meals**

- T F Meals prepared and eaten at home are rare.
- T F I regularly skip at least one meal a day.
- T F A majority of my calories come from snack foods.
- T F I eat more food when alone.
- T F I don't have time to prepare meals.
- T F My work requires long hours.
- T F I work a night shift.
- T F I don't plan what I'm going to eat in advance.
- T F I have been on many diets to lose weight.
- T F I'm constantly going on and off a diet.

### **Portion Distortion**

- T F As far as meals or snacks go, the bigger the better.
- T F I like restaurants where it's all you can eat.
- T F A meal is not complete without dessert.
- T F I am a definite member of the clean-plate club.
- T F When eating out, I usually go for the largest portions.
- T F At fast food restaurants, I usually get a meal combo or super-size.
- T F I don't like to share portions at restaurants.
- T F In restaurants, I don't ask for doggie bags because I eat what's served.
- T F I don't pay much attention to the serving size on food labels.
- T F I sometimes worry that I won't get enough to eat.

## Stress

- T F I would classify myself as a stress-eater.
- T F I often feel as if I have no personal time.
- T F Eating is a way of relaxing for me.
- T F I tend to eat the most calories toward the end of the day.
- T F I eat more when I am frustrated, angry, sad, or lonely.
- T F I rarely use exercise as a way to relieve stress.
- T F There are never enough hours in the day to do what I need to do.
- T F I have frequent headaches, backaches or stomach problems.
- T F There have been major changes in my life recently such as marriage, a divorce, the death of a family member, a move, a new job, or a new baby.
- T F I have difficulty sleeping.

## Increasingly Sedentary Lifestyle

- T F My job involves three or more hours of computer work a day.
- T F I sit and watch two or more hours of television a day.
- T F I like to play video or computer games in my free time.
- T F I would describe my daily activities as mostly sedentary.
- T F I have significantly increased my screen time over the last two-three years.
- T F My favorite leisure activities require sitting.
- T F On the weekends, I spend three or more hours a day sitting at the computer.
- T F After dinner at night, I like to relax by watching television or working/playing on the computer.
- T F I sit and watch an average of three or more movies a week.
- T F I have gained weight since increasing my screen time.

## No Regular Exercise

- T F I would describe my activity level as sedentary.
- T F I do little or no purposeful exercise.
- T F I don't enjoy exercise.
- T F I have tried exercise programs but always quit.
- T F I have an injury or disability that prevents me from exercising.
- T F I don't have time for exercise.
- T F I spend a majority of my day in the car or other vehicle.
- T F Extra time or personal time is nonexistent for me.
- T F Exercise is not a priority for me.
- T F I have gained weight since stopping an exercise program.

## Scoring

Go back through your quiz, and counting each true statement as 1 point, add up the total points for each category separately. Record below.

Toxic Food Choices \_\_\_\_\_

Lack of Structured Meals \_\_\_\_\_

Portion Distortion \_\_\_\_\_

Stress \_\_\_\_\_

Increasingly Sedentary Lifestyle \_\_\_\_\_

No Regular Exercise \_\_\_\_\_

The categories with the highest number of points are your most destructive triggers, the habits that most promote weight gain. Now that you know, you can make changes to counteract them.

**Your Phenotype Diet + Positive Triggers = Your Prescription for Weight Loss**