Your Guided Health Journey

Sugar Impact Quiz

Rate each category from 1 to 5, with 1 meaning that for you the area is a nonissue, and 5 that it's a big problem.

Low or unstable energy	1	2	3	4	5
Sugar and carb cravings	1	2	3	4	5
Appetite	1	2	3	4	5
Poor mood and focus	1	2	3	4	5
Gas and bloating	1	2	3	4	5
Difficulty losing weight	1	2	3	4	5
Belly fat	1	2	3	4	5

Your total

How Did You Do?

These are issues often considered "normal" or just due to aging but in reality they are some of the most common symptoms of sugar intolerance.

The higher your score, the more high sugar impact foods are affecting your health. This is not a quiz that you want score high on! The good news is that the higher your score, the bigger your results on the Sugar Impact Diet. A high score is considered 20 or above or 4 or higher in 2 or more symptoms.

Even if you are starting at an optimal place of a score of 2 or less per symptom, and 12 or less overall, you will still see a benefit from the program and you will avoid these things becoming an issue later on.

And of course, what you measure you improve so this quiz will serve as a benchmark to help you chart your progress throughout your Sugar Impact Journey.

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