

Keto Lifestyle for Women Midterm

Rate yourself on a 1-10 scale, 1 being not doing it and 10 definitely doing it.

- _____ You have completely eliminated sugars and grains from your diet (including natural sugars like agave and honey), eating less than 150 grams/carbs per day.
- _____ You have completely eliminated refined commercial vegetables oils from your diet.
- _____ You're comfortable in your new eating routine of eating a variety of nutrient dense food that is primarily high fat, moderate to minimal protein and very low carb.
- _____ You're getting regular exercise from daily movement and structured aerobic exercise where you are in your heart rate zone (180- age = heart rate zone)
- _____ You're doing regular brief, high intensity workouts that include full-body functional movements (like squats, burpees, push ups) and doing occasional maximal effort sprints?
- _____ You have awesome sleep habits, including minimizing artificial lights and digital stimulation after dark; maintaining a dark, quiet, cool clutter free environment ; staying on deliberate and relaxing bedtime rituals (prayer, journaling, gratitude) and have consistent bed and wake times?
- _____ You're managing stress well, that includes increased daily movement, away breaks from desk time or extreme focus work times; technology balance, which includes shutting down your computer to enjoy the present moment; enjoy family time, enjoy personal time; gratitude journal, morning or evening gratitude time, enjoying your current journey and creating the best person you can be!
- _____ You can handle frequent fasts overnight fasts (12 to 14 hours) with occasional 16 hours (e.g. 6pm to 10am) with stable energy and mental focus.
- _____ You can skip lunch, or eat a small high fat snack and still go on with your regular routine until dinner time.
- _____ You don't have crash-and-burn episodes like intense sugar cravings, high carb sweets and treat splurges, afternoon sleepiness, post meal sleepiness or sugar cravings, early evening burnout when you arrive home and crash for the night.
- _____ You rarely notice an extreme mood change or lack of concentration affected by food.
- _____ You very rarely experience significant extreme hunger, less than two times a week.

Maximum score: 120

Passing score: 90 points (75%)

_____ Your Score

_____ Your Percentage (your score divide by 120; $98/120 = 82\%$)