

## ✓ Q1 — “How would you rate your overall energy during the day?”

### ☐ **Very low**

Your body is likely in survival mode. Low energy = low metabolism.

Focus on: sleep, nutrient-rich food, gentle movement, no calorie cuts.

### ☐ **Medium — I push through**

You're running on stress, not real fuel. You're holding it together, but drained.

Focus on: stable meals, recovery, stress regulation, light daily activity.

### ☐ **High but unstable**

Energy spikes = blood sugar crashes. Likely overstimulated (coffee, sugar, stress).

Focus on: balance meals, reduce stimulants, consistent movement.

### ☐ **Stable**

You're in a good place to transform your body without burnout.

Focus on: structured meals, training, and gradual body recomposition.

## ✓ Q2 — “How is your sleep currently?”

### □ **Deep and restorative**

Solid sleep = solid recovery. Your body can repair, burn fat, and build resilience.

Focus on: keeping this rhythm while you adjust food and training.

### □ **Interrupted or light**

You're not getting full recovery. Could be stress, late screens, or poor digestion.

Focus on: evening routine, light dinner, screen detox 1h before bed.

### □ **Too short**

You're in sleep debt. This slows fat loss and increases cravings.

Focus on: consistent bedtime, early wind-down, magnesium or herbal support.

### □ **Long but not refreshing**

You're sleeping, but not resting. Might be inflammation or cortisol imbalance.

Focus on: reduce sugar/caffeine, optimize digestion, relax before sleep.

## ✓ Q3 — “How is your digestion?”

### □ **Smooth, no discomfort**

Great! A healthy gut = better metabolism, energy, and mood.

Focus on: maintaining your routine and eating mindfully.

### □ **Heavy after meals**

Likely overeating, poor food combos, or stress while eating.

Focus on: slower meals, better chewing, lighter dinner.

### □ **Frequent bloating or gas**

Signs of gut imbalance or food sensitivity.

Focus on: simplify meals, reduce irritants (gluten, dairy, processed foods).

### □ **Irregular or slow transit**

Your digestion is sluggish, metabolism might be too.

Focus on: hydration, fiber, walking, morning routine activation.

## ✓ Q4 — “How do you currently relate to your body?”

### □ **Neutral**

You're in observation mode, not resisting, but not fully connected.

Focus on: building a stronger mind-body link through movement & meals.

### □ **Frustrated**

You feel disconnected from your image or progress.

Focus on: rebuilding trust with your body through consistency and care.

### □ **Disconnected**

You may be avoiding your body out of discomfort or overwhelm.

Focus on: gentle reconnection, small wins, body awareness, daily rituals.

### □ **Aware**

You're ready. You feel your body asking for change.

Focus on: acting from clarity, not frustration, your timing is right.

## ✓ Q5 — “What’s your main difficulty right now?”

### □ **Losing fat despite effort**

You're likely doing "too much" or "the wrong thing", your metabolism needs a reset, not more force. Focus on: strategy over effort. Eat smarter, not less. Train to support, not punish.

### □ **Organizing my food & meals**

Lack of structure leads to inconsistency and cravings.

Focus on: simple meal planning, repeatable routines, clear food choices.

### □ **Staying consistent**

Motivation comes and goes, systems don't.

Focus on: tiny habits, flexible structure, identity-based actions.

### □ **Self-sabotage or emotional eating**

There's likely a deeper emotional loop behind your habits.

Focus on: slow reset, mindful eating, reduce pressure, not restriction.

## ✓ Q6 — “Have you tried changing your body before?”

### □ **Yes, many times (yo-yo cycles)**

You’ve likely relied on short-term fixes. Your body doesn’t trust the process anymore.

Focus on: stability, nourishment, and breaking the all-or-nothing cycle.

### □ **Yes, but results didn’t last**

You’ve made progress, but probably without the right foundation.

Focus on: sustainable habits, recovery, and long-term vision.

### □ **Not really — this is my first real attempt**

Perfect. No baggage, no bad habits to unlearn.

Focus on: simple, guided structure from the start. Play the long game.

### □ **I’m always trying but with no real structure**

Constant effort with no clear plan = exhaustion.

Focus on: clarity, strategic planning, and trusting the process.

## ✓ Q7 — “How clear are you about what to do next?”

### □ I feel lost

Too many ideas, not enough direction. That’s OK, clarity comes with structure.

Focus on: following a simple step-by-step plan and learning as you go.

### □ I kind of know, but can't apply it

You’ve got knowledge, but no activation.

Focus on: building routines, removing friction, and taking small, consistent actions.

### □ I know, but I lack consistency

The issue isn’t information, it’s implementation.

Focus on: anchoring daily habits, tracking progress, and staying accountable.

### □ I need a simple and reliable structure

You’re ready to commit, but want it to feel natural.

Focus on: ease, clarity, and a flexible but firm system.

## ✓ Q8 — “How active are you daily?”

### □ **Sedentary**

Your body isn't getting enough movement to support fat loss or energy flow.

Focus on: daily walking, light mobility, and standing breaks, small steps matter.

### □ **Lightly active (walking, housework)**

You move, but not enough to stimulate your metabolism long-term.

Focus on: increasing daily steps, adding 10–15 min of intentional movement.

### □ **Occasionally sporty**

You train sometimes, but lack rhythm and progression.

Focus on: building a consistent routine with clear recovery and intensity balance.

### □ **Consistently training (2–4x/week)**

Great, your body is used to effort. Now it's about aligning food, recovery, and goals.

Focus on: refining your strategy for real body recomposition.

## ✓ Q10 — “Do you practice fasting or meal restriction?”

### □ **Yes — intermittent or extended fasts**

You’ve got discipline, but be careful: fasting without proper fuel can slow progress.

Focus on: quality nutrition during eating windows, not just skipping meals.

### □ **Tried but couldn’t sustain it**

Fasting might not match your current rhythm or needs, and that’s OK.

Focus on: stable, regular meals first. Reset before you restrict.

### □ **No — I eat as soon as I feel hungry**

You’re listening to your body, but signals might be blurred by habits or emotions.

Focus on: improving food quality and meal timing to regain natural rhythm.

### □ **Never tried**

You’re at a clean starting point.

Focus on: mastering basic nutrition first, fasting can come later, if useful.

## ✓ Q15 — “How committed are you right now?”

### □ I’m curious, just observing for now

You’re in the exploration phase, no pressure, just awareness.

Focus on: small insights, one action at a time, no overwhelm.

### □ I want change, but with balance

You’re ready to shift, but sustainably.

Focus on: low-friction routines, flexible structure, and energy first.

### □ I’m ready to commit right now

You’ve hit a turning point. Let’s channel that momentum.

Focus on: clear goals, daily systems, and building consistency fast.

### □ This is essential — I need this change now

This isn’t optional, it’s urgent and personal.

Focus on: full reset. Prioritize your body, build around non-negotiables, and move with intention.

## ✓ Q16 — “What are you most afraid of?”

### □ **That it won't work for me**

You've probably tried before, and didn't get results. Focus on: trust the process. This time, it's different, strategy over struggle.

### □ **That I'll quit again**

You don't lack desire, you need structure and support.

Focus on: consistency > intensity. Build habits that are too small to fail.

### □ **That I'll fall back into old patterns**

You're aware of your cycles, that's powerful.

Focus on: identity shift. You're not just changing actions, but self-perception.

### □ **Nothing — I'm just ready to try**

Perfect. No fear, just presence.

Focus on: aligned action. Go all in, calmly, clearly, consistently.