

# METABOLISM TYPE QUIZ + ACTION PLAN

## INSTRUCTIONS:

Answer the questions below and match your total to one of the 3 metabolism types.

## QUIZ:

1. Do you gain weight easily even when eating moderately?
2. Do you feel cold more often than others?
3. Do you crave carbs and sweets frequently?
4. Do you feel tired even after a full night's sleep?

## SCORE:

- 0-1 YES: Balanced Burner
- 2-3 YES: Slow Burner
- 4 YES: Sluggish Burner

## ACTION PLANS:

### BALANCED BURNER:

- Eat every 3-4 hours
- Mix of carbs, protein, and healthy fats
- Moderate workouts (HIIT + strength)

### SLOW BURNER:

- Focus on high-protein, low-carb meals
- Avoid sugar and processed foods
- Morning fasted cardio

## SLUGGISH BURNER:

- Intermittent fasting (16:8)
- Zero sugar, high hydration
- Daily movement + walking

Track your progress in the printable tracker included.

- MetabolismBoostLab