

# The Gentle Metabolism - Checkups

**Here is how it works:** Answer the questions about your everyday life honestly. Each question is rated from "Never" to "Very often." At the end, add up your points – the higher the score, the better your metabolism is in this area.

## 1. Energy & vitality

- My energy level remains relatively stable throughout the day and I rarely have energy slumps – not even after lunch.
- I have enough energy for all my daily tasks and the motivation to tackle things.
- I feel physically fit and ready for exercise.
- I recover quickly after physical exertion.
- I hardly need any additional breaks during the day to regain energy.
- I can concentrate well without becoming mentally tired quickly.

Never = 0 points  
Rarely = 1 point  
Sometimes = 2 points  
Often = 3 points  
Very often = 4 points

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**My rating:** \_\_\_\_ points

## 2. Sleep & regeneration

- I wake up in the morning feeling refreshed and full of energy.
- I sleep deeply and without interruptions.
- I sleep between 7 and 9 hours per night.
- I have no difficulty falling asleep or staying asleep.
- I maintain regular sleep times.
- I don't need power naps to get through the day.

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**My rating:** \_\_\_\_ points



Never = 0 points  
Rarely = 1 point  
Sometimes = 2 points  
Often = 3 points  
Very often = 4 points

### 3. Digestion & bowel

- My stools are regular and well-formed.
- I rarely have digestive problems (flatulence, bloating, or heartburn) after meals.
- I drink enough fluids every day (1.5–2 liters).
- I eat fiber-rich foods (whole grains, legumes, vegetables, fruit) several times a day.
- I feel light and balanced after meals.
- I feel that my body processes nutrients well.

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My rating: \_\_\_ points

### 4. Nutrition & cravings

- I feel clear signals of hunger and satiety.
- I eat regularly without skipping meals.
- I rarely have cravings for sweets or snacks.
- My meals contain micronutrients, protein, healthy fats, and complex carbohydrates.
- I don't need snacks between meals and can go several hours between meals without significant energy fluctuations.
- I mainly drink water or unsweetened beverages.

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My rating: \_\_\_ points

## Evaluation – How to identify your metabolism type

### 0–12 points per area

Action is needed here. Small changes in diet, exercise, sleep, and stress management can already have a big impact.

### 13–18 points per area

Your metabolism is partially stable. Focus on optimizing the weaker categories.

### 19–24 points per area

Your metabolism is functioning well. Maintain your routines and work on small optimizations.



# Optimize your *metabolism* with these everyday tips

Take a closer look at your results in the four areas. Identify the area in which you scored lowest—that's where it's worth starting.

Start by focusing on **small, concrete steps** that are easy to incorporate into your daily routine. Once you make progress in this area, it often has a positive effect on the other areas as well – because energy, digestion, sleep, and eating habits are closely related. This allows you to stabilize your metabolism step by step and significantly increase your well-being.

## How to boost your metabolism:



### Energy metabolism

- **Regular, balanced meals** containing protein, healthy fats, and fiber
- **Long breaks between meals overnight** (at least 12 hours)
- **Short exercise breaks every day**, walks in the fresh air, or a workout
- **Short breaks** in between or breathing exercises to reduce stress



### Digestion & bowel

- **Plenty of fibre** from vegetables, fruit, whole grains and legumes
- **Probiotic foods** such as yoghurt, kefir or sauerkraut
- **Mindful eating** supports digestion and satiety
- **Regulate stress** – this often suppresses digestion and nutrient utilisation.



### Sleep & rest

- **Regular sleep times** – also at weekends
- **Use your bed exclusively for sleeping** and not for reading or scrolling
- **Avoid electronic devices in the evening**
- **Relaxation rituals** such as warm baths, meditation, journaling, knitting, reading or breathing exercises
- **If you have trouble sleeping, get out of bed**



### Nutrition & cravings

- **Regular meals** containing protein, healthy fats and complex carbohydrates (fibre)
- **Protein- and micronutrient-rich breakfast** (e.g. wholegrain bread with avocado and egg, plus fruit)
- **Protein-rich snacks instead of sugar-rich snacks** (nuts, cottage cheese or hummus with vegetables)
- **Mindful eating**, without distractions and chewing thoroughly
- **Do not drink sugary drinks** during meal breaks (even milk in coffee contains sugar)