

The Gentle Metabolism - Checkup

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



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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)