



Metabolism Assessment Checklist Quick-Start Guide

fueledforgod.org

Introduction

Understanding your metabolism is not just a health buzzword; it's crucial to making informed health choices. This checklist will help you identify where you are in your metabolic journey and what steps you can take to support it.

Metabolism Assessment Checklist

Your Age Group

- Under 18**: Your metabolism is naturally higher at a younger age. Focus on balanced nutrition and regular activity to support your growth.
- 18-30**: You're at a prime age for maintaining a high metabolism with regular exercise and a balanced diet.
- 31-45**: Metabolism can start to slow slightly. Incorporate strength training to maintain muscle mass. *(Fit for GOD Barre-Bell and Kettlebell classes are perfect for this! Go to fueledforgod.org for current schedule.)*
- 46-60**: Focus on cardio, strength training, and a nutrient-dense diet to support metabolism. *(Fit for GOD Barre classes are perfect for this! Go to fueledforgod.org for current schedule.)*
- 61 and above**: Stay active with low-impact exercises and ensure adequate protein intake to support muscle health. *(Fit for GOD Barre and Balance classes are perfect for this! Go to fueledforgod.org for current schedule. Also, register for our FREE nutritional counseling!)*

Your Water Intake

(Divide your current weight by 2 to arrive at how many ounces of water you should be consuming daily to stay hydrated.)

- Less than four glasses**: Try to drink a bit more to reach optimal hydration levels. *(You are at risk of dehydration!)*
- More than four glasses**: You're doing well. Keep it up.
- 10 or more glasses**: Excellent! Staying well-hydrated is great for your metabolism.

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Your Daily Activity Level

- Sedentary (little to no exercise):** Consider incorporating more physical activity into your daily routine. Aim for at least 30 minutes of moderate exercise most days.
- Lightly active (light exercise or sports 1-3 days a week):** Try to increase the intensity or duration of your workouts to boost your metabolism.
- Moderately active (moderate exercise or sports 3-5 days a week):** Maintain your routine and consider adding more strength training to build muscle.
- Very active (hard exercise or sports 6-7 days a week):** Great job! Ensure you're fueling your body with enough nutrients to support your activity level.
- Super active (very hard exercise, physical job, or training twice a day):** You're very active! Pay attention to recovery and nutrition to avoid burnout.

Go to fueledforgod.org for Fit for GOD workout schedule.

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Your Sleep Pattern

- Less than 5 hours:** Prioritize sleep as it's crucial for a healthy metabolism. Aim for 7-9 hours per night.
- 5-6 hours:** Try to increase your sleep duration. Even an extra hour can make a difference.
- 7-8 hours:** You're in the optimal range for supporting your metabolism.
- More than 8 hours:** Excellent! Keep maintaining your good sleep habits.

Your Meals

*(Avoid snacking or "grazing" throughout the day.
Incorporate the habit of eating to 80% full.)*

- 1-2 times a day:** Consider spreading your meals more evenly throughout the day to maintain energy levels.
- 3-4 times a day:** This is a good balance. Ensure each meal is nutrient-dense.
- 5-6 times a day:** Frequent meals can work well if they are balanced. Avoid overeating. Also avoid snack-eating.
- Intermittent Fasting:** Consider incorporating Intermittent Fasting into your eating pattern.

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Your Stress Levels

- Very low:** Great! Keep managing stress effectively.
- Low:** You're doing well. Continue with your stress management techniques.
- Moderate:** Try incorporating more relaxation techniques like stretching or prayer and time in God's Word.
- High:** High stress can negatively impact metabolism. Focus on stress-reduction activities listed above.
- Very high:** Consider seeking professional advice to manage stress effectively.

Your Strength Training

- Never:** Start incorporating strength training to boost metabolism.
- 1-2 times a week:** Increase frequency, if possible, for better results.
- 3-4 times a week:** You're on the right track! Keep it up.

The Upshot

Understanding your metabolism is the first step to making informed health choices. Now that you have this knowledge, use this checklist to guide your daily habits and support a healthy, balanced lifestyle. Start today and make a difference in your health!

Want more personalized coaching?

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