

**1. Do you suffer from any of the following? Yes \_\_\_ No \_\_\_**

- Alcoholism (physiological dependence upon alcohol)
- Diabetes type 1 (juvenile onset)
- Diabetes type 2 (adult onset)

If you answered "Yes" to any of the above three questions, you are:  
Fat- and Protein-Efficient

**2. Do either of your parents suffer from the following? Yes \_\_\_ No \_\_\_**

- Alcoholism (physiological dependence upon alcohol)
- Diabetes type 1 (juvenile onset) (at least one parent)
- Diabetes type 2 (adult onset) (both parents)

If you answered "Yes" to any of the above three questions, you are:  
Fat- and Protein-Efficient

**3. Is your sleep restful?**

(If you are a parent and have to wake up during the night to attend to your children, choose a night when this does not happen. If you have to get up several times a night to feed a newborn, try to remember what your sleep patterns were like in general before you had a child.)

**Points (choose one) Actual points**

Restful, I rarely wake up during the night.

I wake up feeling energized. 0

Restless, I usually wake up one or more times during the night. I wake up feeling tired. 2

**4. Do you get cravings for certain types of foods?**

**Points (choose one) Actual points**

Yes, daily or weekly 0

No, once a month or less -4

**5. If "Yes," what longings are most common?**

**Points (choose one) Actual points**

Cheese, French fries, fried food 2

Candy, cookies, ice cream 4

Steak 2

**6. How many times do you urinate during the night?**

**Points (choose one) Actual points**

Two times or fewer 0

Three times or more 2

**7. Which of the following three body types best describes you?**

(If you are currently overweight, which one described you in your prime?

Be honest.)

**Points (choose one) Actual points**

Long and lean, difficult to gain weight -4

Sturdy, stocky frame that is naturally strong 4

A frame that is smaller through the waist and the hips, larger in the shoulders -1

**8. Which activities are more comfortable for you?**

**Points (choose one) Actual points**

Strength activities (e.g., power yoga, push-ups, weight training, sprinting) 2

Endurance activities (e.g., jogging, cycling, rollerblading) -4

Equally comfortable with both strength and endurance 0

**9. Are any of your siblings (from the same parents) affected by the following?**

**Points (choose one) Actual points**

Diabetes type 1 (juvenile onset) 1

Diabetes type 2 (adult onset) 1

**10. Do you or your parents have a history of heart disease (e.g., high cholesterol levels, coronary episode/heart attack prior to age 65, cardiac procedures such as angioplasty or coronary bypass surgery)?**

**Points (choose one) Actual points**

Heart disease—you are affected -5

Heart disease—mother is/was affected -2

Heart disease—father is/was affected -2

**TOTAL POINTS:** ..... \_\_\_\_\_

If your total is over 2, you are Fat- and Protein-Efficient.

If your total is negative, you are Carbohydrate-Efficient.

If your total is 0, you are Dual-Efficient.

If your total is within 1 to 2 points of another metabolic type, we recommend you start as a Dual-Efficient metabolism and retest every four weeks.