# Is Your Gut Healthy?

Take This Quiz Now!

Disclaimer

#### Gut Health Quiz

This pre-challenge quiz is intended for informational purposes only and provides a general overview of some factors related to gut health. Individual experiences and needs may vary. This quiz is not a diagnostic tool and does not encompass all aspects that could influence gut health. It should not be used as a substitute for professional medical advice, diagnosis, or treatment. If you have concerns or symptoms related to your gut health, always consult with a healthcare professional (that would be me or your doctor.) Your health should always be the primary focus, and personalized medical advice is invaluable in addressing individual needs and concerns. With that out the way, let's get stuck in! Answer ALL 10 Questions

## Gut Health Quiz

1. How often do you experience bloating?	2. How would you describe your bowel movements?
A) Almost never	A) Regular and easy
B) A few times a month	B) Sometimes irregular but no discomfort
C) Several times a week	C) Often irregular and difficult
D) Daily	D) Constipated or diarrhea-prone
3. Do vou consume	4. How would you

fermented foods?		describe your diet?	
A) Re	gularly (at least 3 times a week)		A) Diverse with many types of vegetables, fruits, and fibers
B) Oc	casionally (once a week)		B) Moderately varied, with some vegetables and fruits
C) Ra	rely (once a month)		C) Limited variety and few vegetables or fruits
D) Ne	ver		D) Predominantly processed foods with minimal fresh produce

### **Gut Health Quiz**

5. How often do you experience heartburn or acid reflux?	6. Do you feel fatigued or sluggish often, even after a full night's sleep?
A) Almost never	A) Almost never
B) A few times a month	B) Occasionally
C) Several times a week	C) Frequently
D) Daily	D) Almost always

8. Do you experience frequent flatulence?	
A) Almost never	
B) Occasionally	
C) Frequently	
D) All the time	

### **Gut Health Quiz**

9. Do you regularly take or have taken antibiotics in the past six months?	10. How much water do you consume daily?	
A) No	A) 8 glasses or more	
B) Once in the past six months	B) 4-7 glasses	
C) Multiple courses in the past six months	C) 1-3 glasses	
D) Currently on a course	D) Almost none or exclusively sugary drinks	

#### Scoring:

#### For each question:

Give yourself 4 points for every A answer. Give yourself 3 points for every B answer. Give yourself 2 points for every C answer. Give yourself 1 point for every D answer.

#### **Results:**

36-40 points: Your gut health seems to be in good shape! Continue with your habits, and always stay informed.

25-35 points: There might be some room for improvement in your gut health. Consider incorporating more fiber-rich and fermented foods in your diet, and remember to stay hydrated.

15-24 points: Your gut may need some attention. It might be beneficial to consult with me one-to-one or with your doctor about your symptoms and consider making dietary changes.

10-14 points: It's essential to prioritize your gut health. Consider consulting with me or your doctor to get personalized advice and recommendations.