

THE 5-MINUTE METABOLIC AUDIT

This is your baseline. Before we apply the protocol, we must identify the leaks. Be honest —this is an unfiltered assessment of your current metabolic rhythm.

PHASE 1: ENERGY CYCLES

1. The Morning Momentum: How do you feel 30 minutes after waking?

- Alert and Ready (3 pts) Need caffeine to function (1 pt)
 Heavy and groggy (0 pts)

2. The 2 PM Slump: Describe your focus in the early afternoon.

- Consistent drive (3 pts) Brain fog / Seeking sugar (1 pt)
 Completely drained (0 pts)

PHASE 2: SYSTEMIC SIGNALS

3. Digestive Rhythm: How is your comfort after a standard meal?

- Light and satisfied (3 pts) Occasional bloating (1 pt)
 Sluggish / Heavy discomfort (0 pts)

4. Sleep Efficiency: Do you wake up feeling restored?

- Consistently (3 pts) Rarely (1 pt) I wake up tired every day (0 pts)

REVIEW YOUR SCORE

10-12 Points: Optimized. You have a strong foundation. Use the protocols to maintain this edge.

7-9 Points: Compromised. You have "Vitality Leaks" that are slowing your progress. The Morning Ritual is non-negotiable.

Below 7: Critical Reset Needed. Your metabolic rhythm is out of sync. Immediate application of the full Blueprint is required.