

CHAPTER 6 COMPANION

Weakest Lever Quiz

Find the foundational area most likely to give you the biggest return right now.

QUICK START

Set aside 8 minutes. Use a pencil or pen. Honest estimates beat perfect answers.

SCORE EACH STATEMENT

Use 0 = rarely true, 1 = sometimes true, 2 = usually true. Lower totals indicate the lever that may need attention first.

SLEEP

I keep a reasonably consistent sleep and wake time.	☐	☐	☐
I usually wake feeling restored.	☐	☐	☐
My evening routine supports sleep rather than competing with it.	☐	☐	☐
I address persistent snoring, insomnia, or daytime sleepiness with appropriate help.	☐	☐	☐

NUTRITION

Most meals contain minimally processed food and adequate protein/fiber.	☐	☐	☐
My eating pattern is reasonably consistent rather than chaotic.	☐	☐	☐
I hydrate appropriately for my needs.	☐	☐	☐
My nutrition choices support my main health goal.	☐	☐	☐

STRESS

I have a reliable way to downshift from stress.	☐	☐	☐
My obligations leave some margin for recovery.	☐	☐	☐
Stress does not regularly drive my sleep, eating, or buying decisions.	☐	☐	☐
I seek support when stress exceeds my coping capacity.	☐	☐	☐

MOVEMENT

I move throughout most days.	☐	☐	☐
I include strength-building activity appropriate for me.	☐	☐	☐
I include aerobic activity appropriate for me.	☐	☐	☐
My routine is realistic enough to sustain.	☐	☐	☐

METABOLISM

I know the basic measurements relevant to my metabolic health.	☐	☐	☐
I respond to persistent changes in weight, energy, thirst, or appetite with appropriate evaluation.	☐	☐	☐
My sleep, food, stress, and movement habits support metabolic health.	☐	☐	☐
I use trends rather than one isolated number to judge progress.	☐	☐	☐

TOTALS AND PRIORITY

SLEEP		☐
NUTRITION		☐
STRESS		☐
MOVEMENT		☐
METABOLISM		☐

My weakest lever is:

Why this lever matters in my real life:

MY 30-DAY FOUNDATION EXPERIMENT

One small behavior	
When and where I will do it	
What I will measure	
My starting baseline	
Weekly review day	
Support I may need	

YOUR NEXT MOVE

Work on one lever, not all five. Run the chosen behavior through the 30-Day Proof Loop before adding more complexity.

Educational use only. This worksheet does not diagnose, prescribe, establish safety, or replace individualized care. Do not start, stop, or change medications or medically necessary treatment based solely on this tool. Review personal questions with an appropriately licensed healthcare professional.