



SWEET TOOTH SELF SURVEY

These questions are intended to inspire you to look at your relationship to sugar and starches and to better understand the role of sugar in your health and energy. The questions are not intended to suggest a diagnosis or that you have any problem. They are for your own elucidation.

Take some time to answer the following questions to the best of your ability. If possible, do so before listening to the audio class.

What do you typically eat for breakfast?

Do you find yourself reaching for sweet foods or starches throughout the day?

Are there particular times in the day when you regularly seek out sweets or treats?

(ie. at breakfast, at 4pm, after work, after dinner)

How many times a day do you consume sugar (in coffee, in food, in soda)?

Are you particularly fond of breads, cereals, crackers, popcorn and pasta?

Is there one sugary snack that has become a necessary everyday ritual? What?

Are there times of the day where you tend toward brain fog, fatigue, tears, anger? When? How often?

Do you feel like you're on an energy roller coaster - experiencing bursts of energy followed by crashes and lethargy?

Would you describe yourself as impulsive, argumentative, or as having a short fuse? Explain:

Do you experience anxiety, panic attacks, or trouble sleeping? Which?

Is it difficult to get out of bed in the morning? What is your morning disposition?

Do you have a hard time focusing throughout the day?

Have you been diagnosed with ADD or ADHD?

Do you have known allergies or food sensitivities?

Do you struggle with weight?

Do you have a family history of alcoholism, depression, diabetes, or weight issues?

Do you reach the end of the day excessively exhausted (more so than you think you should be)?

Do you struggle with low self-esteem?

Do you often feel overwhelmed, or unable to cope with stress?