

METABOLISM ASSESSMENT TOOL

Work with
your
body

How do you know if you need a metabolic reboot? Take this simple assessment.

7 areas of life have been identified as indicators of metabolic dis-ease. As you age, you may notice that one or more of these areas of life change. For example, you may notice that your sleeping patterns have changed, or your brain is working a little harder these days.

These subtle signs and signals could mean that your sluggish metabolism is accelerating your biological age.

Let's get your metabolism to act younger. Take this assessment. Use MetaPWR, as directed, for 30 days and take the assessment again to show you the benefits of a robust metabolism...thanks to MetaPWR!

On a scale from 1-10 (10 being best) rate the quality of your life in these areas.

1st Assessment Date_____

Clarity



Energy



Mood



Discomfort



Sleep



Weight



Stress



2nd Assessment Date_____

Clarity



Energy



Mood



Discomfort



Sleep



Weight



Stress


