

Date: \_\_\_\_\_

## Healthy Lifestyle Quiz

1. What is the daily water consumption formula for all humans? \_\_\_\_\_  
\_\_\_\_\_
2. How soon should you eat upon waking? \_\_\_\_\_
3. How often should you eat throughout the day? \_\_\_\_\_
4. What is the most important meal of the day? \_\_\_\_\_. Why? \_\_\_\_\_  
\_\_\_\_\_
5. Which macronutrient should be included in EVERY meal? \_\_\_\_\_  
Why? \_\_\_\_\_
6. What is a serving size for grains? \_\_\_\_\_
7. Vegetables have how many categories? \_\_\_\_\_. What's the difference between them? \_\_\_\_  
\_\_\_\_\_
8. How can you determine "YOUR" serving size for meat protein? \_\_\_\_\_  
\_\_\_\_\_
9. What is a serving size for legumes (beans)? \_\_\_\_\_
10. How many bowel movements per day promote ultimate health? \_\_\_\_\_
11. How many average hours of sleep per night are required to promote ultimate health? \_\_\_\_\_

If you had challenges answering these questions and you'd like to schedule a free comprehensive lifestyle consultation, complete the following & email to: [TrinaClaiborne@gmail.com](mailto:TrinaClaiborne@gmail.com) or Fax: 678-828-5865

Name: \_\_\_\_\_

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Date Available: \_\_\_\_\_



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