

YOUR [BELLY] FAT BURNING HEALTH SCORECARD

BELLY FAT					
No Pinch-an-Inch to speak of	0	1	2	3	4
No change since onset of perimenopause	0	1	2	3	4
My waist girth/circumference hasn't changed much	0	1	2	3	4
I have an hourglass or pear shape more than an apple shape	0	1	2	3	4
My belly button circumference is less than 35 inches	0	1	2	3	4
Total score	/20				

BELLY BLOAT					
Digestion is good, no heart burn, gas, or early fullness	0	1	2	3	4
Elimination is regular, predictable, snakes not pudding or pebbles	0	1	2	3	4
Good appetite before meals	0	1	2	3	4
Rarely have cravings	0	1	2	3	4
Total score	/16				

BELLY SLACK					
Able to do a curl up* test and feet don't leave the floor	0	1	2	3	4
On a leg lower* test my lower back stays firmly on the floor beyond 45 degrees or legs all the way to floor	0	1	2	3	4
In the plank* test I did the entire 60, 15 each limb, and 30 seconds	0	1	2	3	4
I rarely experience lower back, hamstring, or knee issues	0	1	2	3	4
Total score	/16				

*Not every exercise is appropriate for every body. These exercises have specific protocol and interpretations. Before doing, watch to determine whether these are appropriate for you.

STOP!

List your biggest problems. (Your lowest score). If you're within 2-3 points of 100%, or have mostly 3s and 4s, you're doing great! If you're getting low scores on one (or more), no worries. What you're doing now isn't working, and you can get some quick wins right away (if you're willing to change what you're doing).

1. _____

2. _____

3. _____

If all three are problematic, don't worry. You can work on them each simultaneously, or one at a time. You just want to make sure you're employing the right tools. Now you've got a better idea.

YOUR EXERCISE SCORECARD					
EXERCISE & STRESS					

EXERCISE* BLUEPRINT					
I limit endurance exercise (avoid hour-long “steady state” workouts from the 80s).					
I know that NOT exercising when I’m highly stressed, sleepless, or in need of recovery is as productive for fitness as exercise itself and practice that.	0	1	2	3	4
I total body weight train to muscular fatigue 2x a week and avoid weight training otherwise.	0	1	2	3	4
I recover adequately between high intensity exercise.	0	1	2	3	4
When I’m feeling good and best energy, I exercise as or more intensely than I have ever in my life during my strength and HIIT sessions.	0	1	2	3	4
Total score	/20				

*This is not “movement.” Movement, or N.E.A.T. like walking is something we need every day to offset the contemporary sedentary jobs and lifestyle many of us have. This is like a vitamin or brushing your teeth. Above describes intentional exercise.

EXERCISE & SLEEP					
I do intense exercise early in the day and keep late day exercise light.	0	1	2	3	4
I exercise at least 10 minutes a day and try to do so at my regular time even when I haven’t slept well.	0	1	2	3	4
I alter my exercise plan on days I haven’t slept well so that I don’t blindly follow a plan that assumes I have optimal cortisol, blood sugar, and insulin levels.	0	1	2	3	4
If sleep is suffering, I change my exercise so it supports optimal sleep, knowing without sleep cortisol will be worsened with the wrong exercise.	0	1	2	3	4
When stress is high, or I’m fatigued, I make sure I exercise in a fed state.	0	1	2	3	4
Total score	/20				

When I am extremely busy, I shorten or eliminate intense exercise	0	1	2	3	4
When I am feeling depressed, I exercise consistently	0	1	2	3	4
If stressful life situations are exhausting, I walk or do yoga, keeping exercise light or outdoors	0	1	2	3	4
When my days are already physically demanding or active I plan not to exercise to balance my needs.	0	1	2	3	4
I find ways to make exercise enjoyable, it’s not a chore and I don’t feel “compelled” to do it to feel good about myself.	0	1	2	3	4
Total score	/20				

IN YOUR WORDS (NOTES):