

# Metabolic Health Checklist



Aside from weight we have many signs that tell us if our metabolism is working  
The more checks you have, the better your metabolic health!

STABLE ENERGY THROUGHOUT THE DAY

WARM HANDS, FEET, AND NOSE

UNINTERRUPTED SLEEP

PULSE BETWEEN 75 - 90 BPM

STRONG HAIR THAT DOESN'T BREAK EASILY

STRONG NAILS THAT GROW QUICKLY

STABLE MOODS WITH VERY LITTLE ANXIETY OR DEPRESSION

NORMAL BOWEL MOVEMENTS AT LEAST 1X/DAY

RARELY BLOATED OR GASSY

THIRST AND URINATION FEEL NORMAL AND NOT EXCESSIVE

GOOD LIBIDO

FEEL NORMAL HUNGER THROUGHOUT THE DAY

PMS symptoms are mild