



## Lifestyle Assessment: Timing for Blood Sugar Balancing Scorecard

Timing Assessment				
Name				
Based upon your health profile for <b>the past 30 days</b> , please select the appropriate number, from '0 - 3' on all questions (0 as least/never/no and 3 as most/always/yes). Check the number you feel best applies, then add the number of checks in each column to create your score.				
Timing Questions	0	1	2	3
How many hours are there between your last meal and bedtime? <b>Recommended:</b> A minimum of 3 hours  0 = Less than 1 hour 1 = Between 1 and 2 hours 2 = Between 2 and 3 hours 3 = 3 hours or more				
How many hours are there between your meals? <b>Recommended:</b> A minimum of 5 hours  0 = 1 hour or less 1 = Between 2 and 3 hours 2 = Between 3 and 5 hours 3 = 5 or more hours				
How long after waking up do you have your first meal?  0 = More than 4 hours 1 = Between 3 and 4 hours 2 = Between 2 and 3 hours 3 = 1 hour or less				
What time of day do you exercise? <b>Recommended:</b> Morning, or 3 or more 10-15 minute intervals throughout the day  0 = Never, or just started 1 = Evening, or start intervals in evening 2 = Afternoon, or start intervals in afternoon 3 = Morning, or start intervals in morning				



Timing Questions	0	1	2	3
How often are you doing a short session (30 seconds - 1 minute) of high intensity burst exercise? <b>Recommended:</b> 4-8 times a day, every other day or every day  0 = Never, or just started 1 = Occasionally 2 = A few times a week or more, sporadic 3 = 4-8 times, every other day or more				
How often are you doing a short session (30 seconds - 2 minutes) of high intensity burst exercise 2 hours after dinner? <b>Recommended:</b> Every evening  0 = Never, or just started 1 = 1-3 times per week 2 = 4-6 times per week 3 = Every evening				
<b>Total for Each Column (number of checkmarks x value)</b>				
<b>Grand Total /18</b>				

## Your Timing Assessment Results:

**Check the box beside the range where your total score falls.**

**16-18:** Congratulations! You are a timing super star. Your timing habits are contributing to improved health and blood sugar control. Continue to plan your days with balance in mind. Work on the areas for which you did not have a perfect score.

**11-15:** You are well on your way to having health enhancing timing habits in place. Continue to increase the length of time between meals and the time between eating and bedtime. Follow Dr. Ritamarie’s recommended guidelines and you’ll be better able to manage your weight and decrease insulin resistance induced health challenges.

**6-10:** You have the beginnings of timing habits in place, but you need to pay extra attention to this area. Stick with Dr. Ritamarie’s recommended guidelines and you’ll be on your way to maximizing the benefits of timing on your blood sugar and overall health, reducing your risk of disease and maximizing fat burning.



❑ **0- 5:** There's a lot of room for improvement in the way you time your meals, exercise and sleep. When you time your day to maximize hormone balance, you'll increase fat burning, decrease your appetite and keep your hormones happy. Stick with Dr. Ritamarie's recommended guidelines and you'll be on your way to maximizing the benefits of proper timing of all your activities.

Good job finishing your timing assessment.