

Be Fab - Be You LLC

Health & Well-Being Inside & Outside the Workplace!

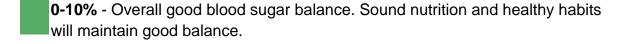
Health & Blood Sugar Coach | Fitness Trainer | Corporate Wellness Consultant

Insulin Resistance Assessment Scorecard

Insulin Resistance Assessment NAME: Based upon your health profile for the past 30 days, 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. **Point Scale: 0** = **Never** or almost never have the experience/effect. 1 = Mild experiences/effects 2 = Moderate experiences/effects 3 = Severe/chronic experiences/effects For all **yes/no** questions, 0 = no and 3 = yes **Insulin Resistance Symptom Questions** 1 2 3 Crave sweets Binge or uncontrolled eating Excessive appetite Crave coffee or sugar in the afternoon Sleepy in afternoon Fatigue that is relieved by eating Fatigue after meals Headache or shaky if meals are skipped or delayed Irritable before meals Family members with diabetes: 0 = none1 = 2 or less 2 = between 2 and 43 = more than 4Increased thirst and appetite Frequent urination Slow starter in the morning Eating sweets does not relieve cravings for sugar Must have sweets after meals Waist girth is equal to or larger than hip girth



Insulin Resistance Symptom Questions	0	1	2	3
Difficulty losing weight				
Crave sweets during the day				
Irritable if meals are missed				
Depend on coffee to keep yourself going or to get started				
Get lightheaded if meals are missed				
Feel shaky, jittery, tremors				
Agitated, easily upset, nervous				
Poor memory, forgetful				
Blurred vision				
Difficult time losing weight despite exercising regularly				
Eat meals that emphasize bread, pasta, rice or potatoes: 0 = rarely or never 1 = once a week or less 2 = between 1 and 3 times per week 3 = 3 or more times per week				
Total for Each Column (number of checkmarks x / * by value of 0,1,2,3)				
Grand Total /81				



- 11-20% In need of a tune up to restore blood sugar balance before serious illness sets in. Diet and lifestyle improvements should shift to normal.
- 21-35% Your blood sugar is out of balance and needs attention.
- **36-50%** Your blood sugar balance is very compromised and this is likely to significantly affect your state of health, well-being, and energy level.
- **51-100%** Your blood sugar balance is severely compromised and require immediate attention.