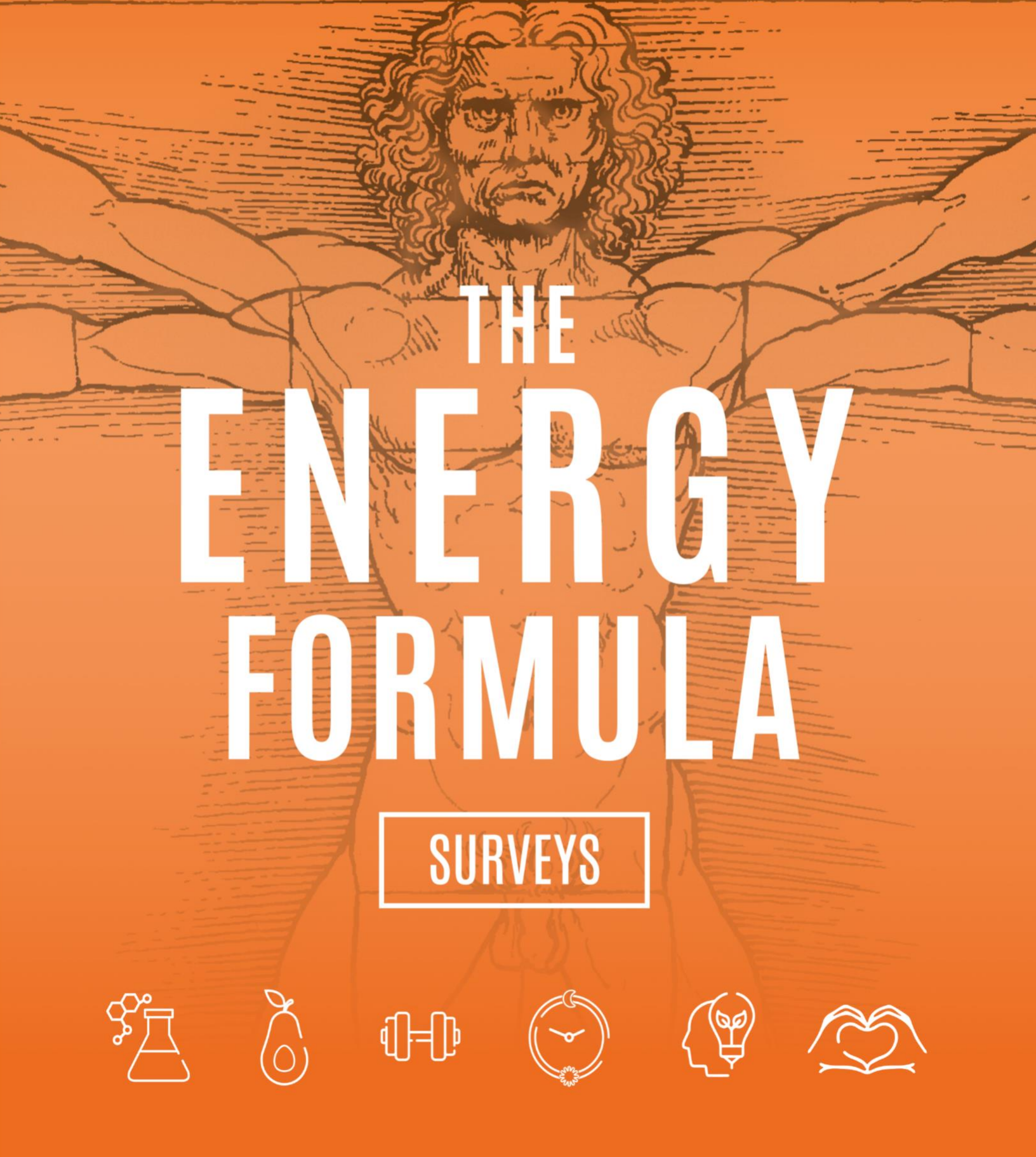


THE SECRETS ONLY A BIOCHEMIST, DIETITIAN AND
CERTIFIED SPORTS NUTRITIONIST COULD KNOW

SHAWN WELLS, MPH, RD, LDN, FISSN



THE
ENERGY
FORMULA

SURVEYS



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EXPERIMENT SURVEY

How seriously do you take your health and wellness?		
I consciously make decisions daily to optimize my health. I work out, eat healthily, and focus on self-care.	(3)	
I occasionally make decisions to be healthier. But really, I do not know exactly what healthy is.	(2)	
To be honest, I never think about my health!	(1)	
When did you last have a full blood panel done?		
I have one done at least once a year.	(3)	
More than a year ago.	(2)	
Never.	(1)	
How well do you know your body?		
I can tell when something doesn't work for me. My body feels different and I can tell when I feel a little "off."	(3)	
I can sense when I am coming down with a cold or the flu, but that is it.	(2)	
I feel like my body is completely foreign to me—I cannot tell what it needs.	(1)	
How often do you try something new around your nutrition, fitness or self-care routine?		
I often experiment with new things, like cutting sugar, trying yoga or red-light therapy.	(3)	
I have tried a few things to lose some weight, but never really stuck to any.	(2)	
I am not sure of the last time I tried to change my nutrition or follow any workout routine! I do not think much about self-care.	(1)	

Do you feel like you have control of your health?		
Yes. I know that I can make changes in my life to improve my health. It's just a matter of when I decideto do it.	(3)	
Kind of. I find it difficult to commit to some of the things I try to do.	(2)	
Not at all. I struggle to maintain my health.	(1)	
How experienced would you say you are at biohacking your body with things like supplements to enhance your life?		
I know ALL about the supplements I use and what my blood markers mean, so I know what goal I am trying to achieve.	(3)	
I often use supplements but am not sure if they are working or what they're doing in my body.	(2)	
I do not take many supplements or try to control my biology. My body is on its own mission!	(1)	
When was the last time you felt truly aligned with your body, mind and spirit?		
I feel better than ever! I am happy with the lifestyle lead.	(3)	
I really desire to feel this way, but things have notlined up yet. I am looking for more ways to start feeling in tune with myself.	(2)	
I have never really felt this way.	(1)	
YOUR TOTAL		

7-11 points: You have got some work to do! This book is a greatplace to start!

12-16 points: You are heading in the right direction! Keep at it!

17-21 points: You are really on the ball! Only small tweaks areneeded to be your best self!

NUTRITION SURVEY

How well do you prioritize good nutrition on a daily basis?		
I am conscious of the food choices I make and the foods that go into my body.	(3)	
I have a basic understanding of nutrition but still feel there is a lot I don't know.	(2)	
I really don't know what to eat or how to use food to achieve my health goals.	(1)	
What is your past experience with research-backed diets and healthy eating?		
I have tried a few and experimented to know what works best for me and what my body runs on optimally.	(3)	
I've tried various research-backed diets and learned a little but am still not sure of the best way to eat for my body.	(2)	
I have done every diet ever made. I lose weight and gain it back and never make any sustained progress.	(1)	
How would you rate your knowledge of the keto lifestyle?		
I'm an expert! I know a lot about the keto lifestyle and have used it to improve my health and nutrition.	(3)	
I've heard of keto, but still don't fully understand it.	(2)	
I don't really know anything about keto!	(1)	
How would you rate your current relationship with food?		
I have a great relationship with food. I eat when I'm hungry and stop when I'm full and don't rely on emotional cues to eat.	(3)	
My eating is often emotion-driven where I tend to make poor food choices and overeat.	(2)	
I have a poor relationship with food and make choices that leave me frustrated with how I feel about my body and self.	(1)	
When it comes to eating mindfully, how well do you do?		
I am tuned in and paying attention when I eat. I savor each bite and check in with myself for satisfaction and fullness throughout the meal.	(3)	
I'm often distracted while eating, either by the TV or other things going on, so it's easy to eat too much and not focus on food quality.	(2)	

My meals are mostly eaten on-the-go and are convenience or fast-food type meals.	(1)	
How familiar are you with tracking calories or macronutrients?		
I'm very familiar with tracking calories or macros and have used it successfully to know how much I'm eating.	(3)	
I have tracked a little here and there, but not consistently and I don't know my current intake.	(2)	
I've never tracked calories or macros and I wouldn't know where to start!	(1)	
When it comes to gut health, how do you feel you are doing?		
My gut health and digestion are excellent; I don't have any unusual or outstanding issues.	(3)	
My gut health needs some work, but overall, I feel okay most of the time.	(2)	
My gut health is horrible. I suffer from fatigue, brain fog, poor sleep quality, skin issues, hormone imbalances, joint discomfort, allergies, cravings and/or difficulty with weight management.	(1)	
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EXERCISE SURVEY

How many times per week do you incorporate movement into your day?		
I move my body regularly 3-5x per week doing different exercises.	(3)	
I try to exercise regularly but often forget or run out of time to do it.	(2)	
I rarely move my body throughout the week and I feel the effects of that.	(1)	
Outside of my profession, I work out more than 20hours a week.	(-1)	
What is your familiarity with resistance training?		
I regularly weight train and love incorporating resistance training into my routine!	(3)	
I am familiar with some resistance training and body-weight exercises and have done it here and there, but I don't feel confident in consistently doing them on my own.	(2)	
I never do resistance training. I would not know where to start!	(1)	
What do you feel your allostatic load (total stress load) is when it comes to adding in exercise?		
I have ample capacity to add in exercise and do not feel any negative effects from adding in 3-5 days per week of resistance or cardiovascular training.	(3)	
My allostatic load is moderate to high and adding in too much exercise sometimes causes me to feel worse.	(2)	
My allostatic load is high and I often don't even have the energy to get up off the couch to go exercise.	(1)	

Do you have any internal “resistance” when it comes to resistance training?		
No, I clearly see the benefits of resistance training and I regularly do it and enjoy it!	(3)	
I understand that there are benefits but I’m afraid of getting too bulky or not knowing what I’m doing.	(2)	
I just do not see the appeal and have a hard time getting excited about it.	(1)	
What is your familiarity with HIIT (high-intensity-interval-training)?		
I extensively use HIIT for various forms of cardio exercise and know how to use it effectively.	(3)	
I have heard of HIIT but don’t really understand how to use it for myself.	(2)	
I have no idea what that means! Or how to use it!	(1)	
How often are you exposed to temperatures beyond a comfortable 70 degrees?		
Often! I take cold showers, ice baths and go outside in cold weather or purposefully set my thermostat lower.	(3)	
Not very often. But occasionally I will take a contrast shower or expose myself to cooler temperatures.	(2)	
Never. I like to keep my body temperature static!	(1)	
Have you experimented with cold-exposure therapies before?		
Yes, I know about the benefits and include these in my overall healthy-life strategy.	(3)	
Not really, but I have heard of them!	(2)	
I have no idea how to get started with cold exposure.	(1)	
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ROUTINE SURVEY

How would you rate your morning routine?		
It is solid. I go through my morning routine regularly and it starts my day off on the right foot.	(3)	
I have somewhat of a morning routine, but I don't always use it and mornings are still a bit crazy.	(2)	
I need morning routine help! My mornings are chaotic and I am always chasing the next to-do.	(1)	
How is your circadian rhythm functioning?		
Great! I feel alert in the mornings, tired at night before bed and have good, steady energy throughout the day.	(3)	
It could use some help. I feel groggy in the mornings and sometimes too awake at night.	(2)	
Horrible. My circadian rhythm is completely off and it is starting to affect my health.	(1)	
How would you rate your sleep hygiene?		
Excellent! I have a pre-bedtime routine that I stick to religiously, I avoid screens and blue light, fall asleep easily and sleep through the night.	(3)	
It could use some work. I try to wind down but often get caught up in a TV show and my sleep isn't always the best.	(2)	
What's sleep hygiene? I stay up late watching screens, snack late into the night and wake up feeling the effects.	(1)	

What ratio of artificial light/blue light to natural or sunlight are you getting each day?		
I get morning sunlight first thing most days and take time throughout the day to get outside for more sun-shine. I wear blue light blocking glasses at night!	(3)	
I get some natural sunlight but not as much as I should. My daily routine makes this challenging.	(2)	
I'm on a mostly artificial light diet! I need resources to help me get natural light exposure throughout the day.	(1)	
Do you take time to map out your day using a planner, journal or similar workbook?		
Yes. I take time at the beginning and end of my day to create a plan, make a list and review my goals.	(3)	
I have a running to-do list in my head, but I don't have a dedicated time or journal for this.	(2)	
No, I'm usually meeting the day's demands as they come without mapping out my day and have never employed these strategies.	(1)	
How often do you take time throughout your day for stillness, quiet or meditation?		
Regularly. I make it a priority to sit still and meditate daily.	(3)	
Sometimes. Most days are hectic, so it doesn't always happen, but I try to pause now and then for some quiet.	(2)	
Never. I rarely have a quiet minute to myself and do not prioritize this.	(1)	
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GROWTH SURVEY

Would you consider yourself someone with a growth mindset (you believe you can grow and improve) or a fixed mindset (the elements of your life are static and will not change much)?		
I definitely have a growth mindset and am always seeking to grow and learn in a variety of ways.	(3)	
Some of both—I want to change and grow but I doubt my ability to do so based on my past performance.	(2)	
I have more of a fixed mindset. I question whether I can make significant changes in my life.	(1)	
Do you feel that you have a sense of purpose and a <i>why</i> for your life?		
Yes! I have a strong sense of purpose in life and I stay focused on my <i>why</i> , which helps me make the right decisions.	(3)	
I somewhat know what my purpose is but I still struggle with understanding it fully and connecting with my <i>why</i> for life.	(2)	
I am really struggling to find a sense of purpose and a strong <i>why</i> for my life.	(1)	
How would you rate your fear of failure and your willingness to step outside your comfort zone?		
I regularly step outside my comfort zone and try new things without a fear of failure.	(3)	
I have some fear of failure which keeps me from venturing outside my comfort zone and trying new things.	(2)	
I am scared to try new things and have a strong fear of failure. I want to step outside my comfort zone but cannot!	(1)	
Have you experimented with nootropics?		
Yes, I extensively use nootropics in my daily supplement regimen for clarity, energy and enhanced health.	(3)	
I have heard of nootropics and tried a few, but do not use them regularly.	(2)	
“Noo”-what?! I’ve never heard that term before.	(1)	



Do you feel there are areas of your life that you need to grow in and that could be enhanced?		
I have a few areas that still need improvement (we all do!) but overall, I am happy and feel that I am on the right track.	(3)	
Yes, I have areas that I need to grow in and I am actively trying to improve them.	(2)	
Definitely. I have several areas in my life that need improvement and don't know where to start.	(1)	
Do you have someone in your life who can give you honest feedback when it comes to important life matters?		
Yes, I have this person and I do this for others as well.	(3)	
Somewhat but it is not something I consistently seek.	(2)	
No, I do not have someone that I trust to give me the honest feedback I need on important things.	(1)	
Have you ever committed to a time of deep self-work and experimentation to find what works for you in a diet and health regimen?		
Yes, I have used various methods such as looking inward, experimentation, research and trial/error to learn what works best for me and my health.	(3)	
I have experimented somewhat but not in a detailed way to really track my progress or my results.	(2)	
I have never done this and don't know where to start in committing to deep self-work and health experimentation.	(1)	
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YOUR TRIBE SURVEY

Do you feel you have a strong support system of family and friends around you?		
Yes, I have a strong support system of people around me who believe in me and encourage me.	(3)	
I have some family and friends who support me but also have a few close to me who are not supportive.	(2)	
No, I am missing this element of support from friends and family in my life.	(1)	
If you took on the traits of the five people closest to you, would you be happy with the result?		
Yes! I purposely surround myself with people who are actively working towards improvement in their life.	(3)	
Mostly. Of the five people closest to me, most lives I would be proud to emulate.	(2)	
Sadly, no. The traits of the five people closest to me are not traits I want to share.	(1)	
How would you rate the quality of your current relationships?		
Excellent. I have quality relationships with family and friends and feel satisfied with the people I surround myself with.	(3)	
My relationships could be better, but I do have several close relationships that I value.	(2)	
The relationships I have right now are struggling and need improvement.	(1)	
Is community something you prioritize within your relationships and environment?		
Yes. I value and prioritize community; it is important to me on many different levels.	(3)	
I value community but do not often put myself out there to make it happen on a regular basis.	(2)	
Community is not something that has been a priority in my life and I am not sure how to make it happen.	(1)	



Do you have someone in your life who is actively mentoring you, and is there someone you are also doing the same thing for?		
Yes. I am involved in a mentoring relationship where I both receive and give counsel on a regular basis.	(3)	
I have been mentored before in the past but am not currently in this type of relationship.	(2)	
No, I do not have a mentor and have never had this kind of relationship.	(1)	
Do you feel connected to those around you and enjoy strong bonds of friendship and community in your life, or are you going it alone?		
I feel very connected to those around me and enjoy strong relationships and community—together these make me a better person!	(3)	
I am somewhat connected to others but still feel alone at times and have a desire for stronger relationships.	(2)	
I often feel alone and disconnected from others. I need and want better relationships so that I feel more supported in life.	(1)	
Are you ready to begin biohacking your life and improving it for the better?		
Yes! I am ready to do this! I have already taken steps to begin biohacking my life and am ready to explore other avenues of self-improvement for the benefit of myself and others.	(3)	
I think I'm ready, but I'm still a little unsure. I want to improve my life but need some guidance to get there.	(2)	
I want to get there but am hesitant to begin. My life needs a complete overhaul!	(1)	
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