



Nutrition Savvy

Movement & Strength Quiz

This quiz is designed as a tool to help you gain a new understanding of your body and behaviors, enabling you to identify where to focus your energy as you progress through the program.

This quiz focuses on movement & strength.

The answers are solely for awareness, helping you identify where to focus your energy as you start applying what you learn in the upcoming sections. For each question, check the option that corresponds most closely to your answer.

Retake the quiz once a month to monitor your progress and identify areas that may need more attention. This will help you keep track of your wins and maintain awareness of where to focus your efforts.

Muscle

How often do I strength train:

- a. Never
- b. Less than 2 times per week.
- c. 2 or 3 times per week.
- d. 3 or more times per week.

My strength workouts look like:

- a. Nothing - I don't like to strength train.
- b. Random workouts - I'm not following a specific program.
- c. I am consistently going up in weight or reps each week when I work out, and I just started a program like this in the last 3 months.
- d. I am consistently going up in weight or reps each week when I work out, and I've been working out this way for 3+ months.

The type of resistance I use when I'm strength training is:

- a. Nothing - I don't strength train.
- b. Light resistance - I don't often reach muscle failure, but if I do, it takes 15+ reps.
- c. Mostly light and medium resistance - to reach muscle failure, it takes 10 or more reps.
- d. A mixture of medium and heavy resistance - to reach muscle failure, it takes 6 - 8 reps.

I do moderate - to high-intensity cardio training like running or cycling:

- a. More than 200 minutes per week.
- b. 150 - 200 minutes per week.
- c. 100 - 150 minutes per week.
- d. Less than 100 minutes per week.

I eat 30+ grams of protein per meal (e.g., 4 - 5 ounces of chicken, beef, or fish):

- a. Rarely - I don't eat much protein.
- b. A few times a week.
- c. Once per day.
- d. At almost every meal.

Movement

1. How often do I get 6,000 steps per day (about 3 miles):

- a. Less than 1 time per week.
- b. 1 or 2 times per week.
- c. 3 - 5 times per week.
- d. 6+ times per week.

2. What does my movement in my daily routine (e.g., job, school) look like:

- a. I sit or stand, in the same position, for 8+ hours per day on most days.
- b. I make a point to move around and get my blood flowing a few times per day, and/or I split my time between sitting and standing at my desk.
- c. I take walking meetings, set my alarm to move every hour, and am always thinking of ways I can sneak in more movement.
- d. I'm moving all day long.

3. I work on my mobility (i.e. stretch, balance exercises,..):

- a. Almost never.
- b. A few times per month.
- c. At least 2 times per week.
- d. Almost daily.

4. When I watch TV:

- a. I sit or lie down on the couch.
- b. I sit on the floor.
- c. I incorporate yoga moves or squats or some other type of dynamic movement.
- d. I don't watch TV - I'm usually doing something more active instead.

5. How often do I consistently make time for walking, biking, hiking, swimming or another similar activity at a brisk pace but where I can still hold a conversation.

- a. 0 - 50 minutes per week.
- b. 50 - 100 minutes per week.
- c. 100 - 150 minutes per week.
- d. 150 or more minutes per week.

Score Your Answers

A = 1 point

B = 2 points

C = 3 points

D = 4 points

Score between 15 and 20

You likely don't struggle with habits and behaviors related movement and building muscle. In the Movement & Strength section you will learn more about why it is so important to continue to move and build muscle and to pick up some additional tools to try out.

Score between 10 and 15

You are in good place and should be able to extra ideas to help you on your journey.

Score between 5 and 10

You need a little more attention to get you moving. I hope that we can find more ways for you to move your body that are sustainable, enjoyable and fulfilling.