



GLOBAL HEALTH RENEGADE

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The Metabolic Vitality Checklist

15 Signs Your Body is
Struggling to Create Energy

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The Metabolic Vitality Checklist

When you feel a mid-afternoon slump... or notice your sleep isn't as deep as it used to be, your body isn't "failing." It's sending you a Bio-Signal. These aren't just inconveniences; they are data points.

This checklist may assess your own metabolic system... to help kickstart your way back to your most vibrant, high-performing self.

**Check the signals your body has sent you in the last 14 days.
Select one option for each signal.**

	Often	Sometimes	Never
1. Brain fog or "cloudy" thinking after lunch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Relying on caffeine to "start the engine"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Waking up feeling unrefreshed or "heavy"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. Frequent bloating or digestive "noise"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Stubborn weight shift around the midsection	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Disrupted sleep (Waking at 3 AM with a racing mind)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Cold hands and feet (even when the room is warm)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Thinning hair or the outer third of your eyebrows	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. Intense sugar or salt cravings in the evening	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. "Hangry" episodes or shakiness if meals are late	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. Afternoon "puffy" face or swollen ankles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Skin issues (unexpected adult acne or skin tags)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Poor recovery or lingering soreness after light activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. Brittle or slow-growing fingernails	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. Night sweats or feeling "overheated" in bed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Results

Your results highlight how well your current habits are supporting your metabolic vitality. It's not about right or wrong - just whether they may or may not be still working for you.

Your Score: 0-3

High Voltage Metabolism

You're operating with high efficiency and minimal friction. You've built a solid foundation. Your next step is "Elite Metabolic Flow." Fine-tune the subtle bio-signals that turn a strong metabolism into a bulletproof one - helps to ensure it remains stable during high-stress states, travel, or intense training phases.

Your Score: 4-8

Metabolic Friction

Your metabolic system is working harder than it should. You're hitting "speed bumps" throughout the day. Your body is working overtime, leading to clogged energy, bloating, midday crashes, or restless nights. Subtle changes can help align your metabolic system - for clarity of mind, and more vibrant lifestyle.

Your Score: 9+

Metabolic Hibernation

Your metabolic system hasn't failed; it has retreated. It's currently rationing energy stores to keep you functioning - but not at your best. Reclaiming your spark, deep sleep, mood, focus and vibrancy isn't about more effort; it's about clearing biological noise to give you the all-clear to run at full capacity again.

Take control and start re-tuning. Take small, targeted shifts in your daily routine - unlock sharper focus, peak vitality, and quality longevity. Explore more practical tips and info at GlobalHealthRenegade.com

This guide is for informational purposes only and is not intended as medical advice. It does not replace consultation with a qualified healthcare professional. Always seek guidance from your doctor or other qualified practitioner before making changes to your diet, nutrition, or health routine, especially if you have an existing medical condition or are taking medication.