

# The Metabolic Signal Quiz

Discover which daily signal may be keeping your metabolism stagnant in fatigue, cravings, belly weight, poor sleep, and hormone chaos.



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# What if Your Body Isn't Fighting You...

*But Responding to the Signals It's Getting?*

Most women are taught to focus on calories and exercise.

But your metabolism is listening to more than that.

It is responding to:

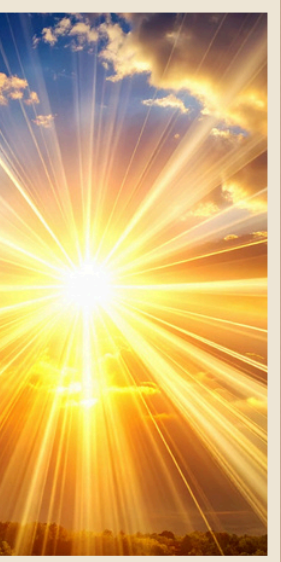
- the food you eat
- the light you see
- the way you move
- the stress you carry
- the sleep you get

And when those signals are out of synch, the body often responds with cravings, fatigue, belly weight, poor sleep, inflammation, and hormone changes.

This short quiz will help you discover which signal may need your attention first.

# Inside this quiz, you'll discover:

- Your primary metabolic signal
- What that signal may be affecting
- One simple place to start
- Your next best step



# How the Quiz Works

## *How to Take the Quiz*

Each question has 5 answer choices.

Choose the answer that sounds the most like you right now. Don't overthink it.

At the end:

- Count how many **A's**
- Count how many **B's**
- Count how many **C's**
- Count how many **Ds**
- Count how many **Es**

Your most frequent letter points to your primary metabolic signal.

Your letters mean:

- **A = Food Signal**
- **B = Light Signal**
- **C = Movement Signal**
- **D = Stress Signal**
- **E = Sleep Signal**

# Quiz Questions: Part 1

1. What feels most frustrating in your body right now?

- A. Cravings, hunger swings, or blood sugar crashes
- B. Low energy in the morning or wired at night
- C. Feeling softer, weaker, or like body composition is changing
- D. Stress, overwhelm, or feeling like your body is always “on.”
- E. Poor sleep or waking up tired

2. What have you focused on the most?

- A. Food, calories, carbs, or macros
- B. Hormone routines, morning routines, or energy hacks
- C. More workouts or trying to burn more
- D. Stress management or trying to calm down
- E. Sleep habits, magnesium, or bedtime routines

### 3. When do you feel the most off?

- A. After meals or between meals
- B. First thing in the morning or late at night
- C. During exercise or when trying to get active
- D. During stressful days or emotional overload
- E. At bedtime, during the night, or when waking

### 4. Which pattern sounds most like you?

- A. I eat well, but still crave sugar or carbs
- B. My days and nights feel out of rhythm
- C. I move, but my body doesn't seem to change
- D. My nervous system feels like it runs the show
- E. If my sleep is off, everything is off

## 5. What would feel like the biggest win right now?

- A. Better appetite control and fewer cravings
- B. Better energy rhythm during the day
- C. Feeling stronger, leaner, and more capable
- D. Feeling calm, grounded, and less reactive
- E. Sleeping deeply and waking up restored

# Quiz Questions: Part 2

## Questions:

**6. What throws you off track the fastest?**

- A. Skipping meals or not eating enough protein
- B. Screens, late nights, or not getting sunlight
- C. Sitting too much or overdoing workouts
- D. Pressure, mental load, or emotional stress
- E. Bad sleep or inconsistent bedtime

**7. Which phrase sounds most like your body?**

- A. "Feed me in a way that stabilizes me."
- B. "Tell me what time it is."
- C. "Use me, strengthen me, and move me."
- D. "Help me feel safe."
- E. "Let me repair."

## 8. What do you notice most often?

- A. Bloating, cravings, hunger swings, or dips in energy
- B. Tired during the day but more awake at night
- C. More softness, less muscle tone, or low physical resilience
- D. Tension, urgency, shallow breathing, or emotional eating
- E. Brain fog, poor recovery, or needing caffeine

## 9. What do you secretly worry is happening?

- A. My blood sugar or insulin is off
- B. My hormones are out of whack
- C. My metabolism is slowing or I'm losing muscle
- D. Stress is aging me and storing fat
- E. My body is not recovering as it should

# Your Result

Whichever letter you chose most often is your primary metabolic signal.

## Result Key:

- Mostly **A's** = **Food Signal**
- Mostly **B's** = **Light Signal**
- Mostly **C's** = **Movement Signal**
- Mostly **D's** = **Stress Signal**
- Mostly **E's** = **Sleep Signal**

If you had a close tie between two letters, that's okay. Your body may be responding to both. Start with the result that feels the most accurate, then remember: all five signals work together.



# Your Result: Food Signal

*Your body may be asking for more stability*

This result often shows up when cravings, hunger swings, bloating, energy dips, or inconsistent meals are part of the pattern.

Food is not just fuel; it is information.

The way you eat sends signals to your blood sugar, insulin, hunger hormones, brain, and metabolism.

When this signal is inconsistent, the body may feel like it is constantly reacting instead of stabilizing.

## You may notice:

- cravings in the afternoon or evening
- feeling hungry shortly after meals
- energy crashes
- bloating
- “eating clean” but still feeling off
- needing snacks to stay steady



**Start with a protein-forward breakfast and more meal consistency.**

## Important:

**This is not a full protocol. It is simply your starting point.**

# Your Result: Light Signal

*Your body may be asking for balance*

This result often shows up when energy feels off, mornings feel wired, or sleep and hormones seem unpredictable.

Light is one of the most powerful signals your body receives.

Morning light, daylight, sunset, and darkness all help your brain and hormones understand what time it is.

When this signal is disrupted, your metabolism can feel disrupted too.

**You may notice:**

- low energy in the morning
- feeling more awake at night
- inconsistent sleep
- cravings later in the day
- mood or hormone shifts
- feeling “off” in your rhythm



**Get outside early in the day and let natural light hit your eyes.**

**Important:**

**This is not your full plan, just your starting point.**

# Your Result: Movement Signal

## *Your body may be asking to be used differently*

This result often shows up when you feel weaker, less toned, or like your body composition is changing even though you are trying to stay active.

Movement is not passive. Sleep is when your body repairs tissue, regulates blood sugar, balances hunger hormones, restores energy, and supports deeper healing.

The right movement tells your body to build muscle, improve glucose uptake, protect bone, and become more metabolically responsive.

When sleep is off, everything becomes harder.

## You may notice:

- Feeling softer or less toned
- More belly weight or body comp changes
- Less strength than before
- Feeling drained after workouts
- Working out but not seeing results
- Sitting more than your body likes
- Feeling like your metabolism has slowed down
- Losing confidence in your capability or strength



**Prioritize walking and strength-building movement before adding more intensity.**

## **Important:**

**This is not your full plan, just your starting point.**

# Your Result: Stress Signal

## Your body may be asking for safety

This result often shows up when you feel overwhelmed, wired, reactive, anxious, or like your body is holding on no matter what you do.

Stress isn't simply emotional. It changes blood sugar, cortisol, cravings, digestion, inflammation, and fat storage.

A body that feels under constant demand may not prioritize repair, fat loss, fertility, or recovery. It prioritizes protection.

## You may notice:

- feeling tense often
- waking at night
- craving food under pressure
- digestive changes during stress
- shallow breathing
- feeling “wired but tired”
- stress showing up as belly weight



Pause before meals and take 3 slow breaths.

## Important:

This is not your full plan, just your starting point.

# Your Result: Sleep Signal

*Your body may be asking for repair.*

This result often shows up when your sleep is inconsistent, you wake in the middle of the night, you rely on caffeine, your cravings are worse after a rough night, or you feel like you never fully catch up.

Sleep is not passive. Sleep is when your body repairs tissue, regulates blood sugar, balances hunger hormones, restores energy, and supports deeper healing.

When sleep is off, everything becomes harder.

**You may notice:**

- waking between 2-4 AM
- not feeling rested
- **NEEDING** caffeine
- more cravings after a bad sleep
- brain fog
- poorer recovery
- feeling tired but not deeply restful



**Create a 30-minute wind-down routine and dim lights in the evening.**

**Important:**

**This is not your full plan, just your starting point.**

# Your Result is a Starting Point. Not the Whole Story

Your primary signal gives you a clue about where your body may need support first.

But your body does not respond to one thing in isolation.

- Food affects sleep
- Sleep affects cravings
- Stress affects blood sugar
- Light affects hormones
- Movement affects insulin sensitivity

This is why my work is built around

## The Primal Signal System

### The 5 Signals

FIVE ESSENTIAL INPUTS YOUR BODY USES EVERY DAY.  
OPTIMIZE THEM. AMPLIFY YOUR POTENTIAL.

 <p><b>1</b> Nutrition</p> <p>Fuel your body with real, nutrient-dense foods.</p>	 <p><b>2</b> Light</p> <p>Get natural light to regulate your body and mind.</p>	 <p><b>3</b> Movement</p> <p>Move your body daily to build strength, energy and resilience.</p>	 <p><b>4</b> Stress</p> <p>Manage stress to protect your clarity and balance.</p>	 <p><b>5</b> Sleep</p> <p>Prioritize quality sleep to restore, repair and recharge.</p>
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# Meet Julie

I'm Julie Wilcoxson, a Nutrition Therapy Practitioner, Personal Trainer, and Master Primal Health Coach with over 20 years of experience helping women understand what their bodies are really responding to.

My work is built around one simple truth.

**The body reflects the signals it receives over time.**

That's why I teach women to look beyond calories and quick fixes and begin correcting the deeper inputs that influence metabolism, hormones, energy, cravings, and body composition.

If you want to understand how all of these signals are connected to health issues and body composition struggles.

**[Book a Free clarity call with me.](#)**

