

# mBraining Innergetics Test



Below are 21 statements. As you read each one, select the answer that's most often true for you:

**A** = Always, **S** = Sometimes, **N** = Never.

	A	S	N
1. I label food by using terms such as fattening, non-fattening, good, bad, forbidden etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I use food as a transition. That is, I eat as I shift from one activity to the next.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I weigh myself at least once a day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I often lack energy and motivation.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I need only to see or smell food to be hungry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I fear getting fat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I'm afraid to be thin.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I plan my day around what or when I will eat.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I constantly try not to eat but find myself nibbling throughout the day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I hate to look at my body in a mirror.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. When I eat at a restaurant, I select food on the basis of calories (or fat, grams or other measurements).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. When I eat at a restaurant, I do NOT ask myself: What would I really like to eat?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I eat all the food on my plate even if I don't feel like it or I'm full.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. When I overeat I increase my exercise program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I have to eat 3 meals a day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I cannot tighten or contract my stomach muscles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I compare my body with others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I need to get on a diet plan to feel a sense of control over my eating.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. Eating or not eating is constantly on my mind.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I hear myself saying, When I get thin then I'll...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
21. Acting like a magnet, food draws me.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Scoring:

Number of times you chose 'Always' \_\_\_\_\_ x 3 points = \_\_\_\_\_

Number of times you chose 'Sometimes' \_\_\_\_\_ x 2 points = \_\_\_\_\_

Number of times you chose 'Never' \_\_\_\_\_ x 0 points = \_\_\_\_\_

**Total Points** = \_\_\_\_\_

If you scored 8 points or more then *mBraining* Innergetics coaching is likely to be of great help for you. If you scored 15 points or more then coaching is highly recommended.