

# Are Your Cravings Blocking Your Weight Loss?

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Take the Cravings  
Control Quiz

# How Much Do Your Cravings Control You (and Your Waistline)?

## QUIZ

Do you ever feel like your cravings have a mind of their own?

You start each day with the best intentions — but by mid-afternoon or after dinner, something sweet or salty seems to call your name.

This short quiz will reveal **how much your cravings are controlling your eating habits and your weight**, and whether you might be stuck in a processed-food cycle that's keeping your metabolism out of balance.

At the end, you'll get your **Cravings Control Score** and find out what to do next to *balance your metabolism and break free from cravings*.

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### QUIZ QUESTIONS (1–5 scale)

**1 = Never, 2 = Rarely, 3 = Sometimes, 4 = Often, 5 = Almost Always**

1. I crave sweet or salty snacks even when I'm not physically hungry.
2. Once I start eating certain foods (chips, chocolate, bread, etc.), I find it hard to stop.
3. I often promise myself I'll "start over tomorrow."
4. I feel irritable, tired, or foggy if I don't eat something processed or sugary.
5. I turn to food when I'm bored, stressed, or emotional.
6. I hide or minimize how much junk food I eat.
7. I eat differently when I'm alone versus with others.
8. I've tried to cut back on certain foods but always fall back into old habits.
9. I feel guilt or shame after overeating processed or sugary foods.
10. I eat foods I know make me feel bad physically (bloated, sluggish, moody).
11. I think about food or my next meal much of the day.
12. I feel powerless when cravings hit.
13. I find it hard to stick to any weight loss plan for more than a few weeks because cravings get the best of me.




14. I tell myself “just one bite” — but it usually turns into more.

15. I feel like my body and brain are addicted to certain foods, even though I want to eat healthy.

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## SCORING

**Total score range:** 15–75 points

Score Range	Result Category	Interpretation
15–29	 <i>Balanced Eater</i>	You have a fairly healthy relationship with food. You may experience cravings, but they don’t run the show. Keep focusing on whole, real foods and mindful habits.
30–54	 <i>Cravings in Control</i>	Cravings often sneak in and steer your food choices. You probably do well for a while but find it hard to stay consistent. This is where rebalancing your metabolism can make all the difference.
55–75	 <i>Cravings Have Taken Over</i>	Your cravings are driving your eating patterns — a clear sign your metabolism may be out of balance and your body could be stuck in a processed-food addiction cycle. It’s not about willpower; your brain chemistry needs a reset.

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## IS IT TIME TO TAKE ACTION?

If your cravings are controlling your choices, it’s time to regain balance — not by restriction or guilt, but by restoring your body’s natural ability to self-regulate.

My **Balance Your Metabolism Program** helps you:

- Eliminate addictive processed foods without deprivation
- Calm cravings by balancing blood sugar and hormones
- Rebuild a healthy relationship with food and your body

 **Click here to learn more and start your journey:**

<https://www.attunedwholistic.com/balanceyourmetabolism>