

METABOLIC STRESS CHECKLIST & *Daily Tracker*

A simple tool to help you recognize patterns, support steady energy, and understand what your body may be communicating.

Living Well Rooted

Is Your Body Running on Stress Instead of Energy?

Many women assume they're dealing with a "slow metabolism" when what's really happening is that their body is stuck in a constant cycle of stress, blood sugar crashes, and recovery debt. Use this simple checklist to identify patterns and track the daily habits that help support steady energy.

PART 1: METABOLIC STRESS CHECKLIST

Check any symptoms you've experienced regularly over the past 30 days.

- I'm hungry again within 1–2 hours of eating.
- I hit an energy wall in the afternoon.
- I wake up tired, even after a full night's sleep.
- I crave sweets, chips, or caffeine in the afternoon or evening.
- My weight feels stuck despite my efforts.
- I become irritable or overwhelmed easily.
- I rely heavily on coffee to function.
- I'm exhausted during the day but wide awake at night.
- I get shaky, hangry, or anxious if meals are delayed.
- I rarely feel fully recovered or rested.

Your Score

0-2 Checks

Your energy system appears relatively resilient. Continue supporting your body with consistent meals, sleep, hydration, and movement.

3-5 Checks

Your body may be showing signs that it needs additional support and recovery.

6+ Checks

It may be time to take a closer look at blood sugar balance, stress load, sleep quality, nourishment, and daily recovery habits.

PART 2: DAILY STEADY ENERGY TRACKER

The goal isn't perfection.
The goal is awareness.

Check off each habit as you complete it.

Habit	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Ate a protein-rich breakfast	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Included Protein + Fat + Carbs at meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stayed hydrated	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Took my supplements	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Got outside or moved my body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planned meals/snacks ahead	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Took a few minutes to unwind

In bed by _____

My Energy Notes

What time did my energy feel best today?

What time did my energy start to dip?

Did I notice any cravings?

What helped me feel my best?

Remember

Symptoms are clues.

More often than not, your body isn't working against you.

It's communicating with you.

Pay attention to the patterns, support the basics, and give yourself permission to make progress one day at a time.

— *Laura Lanza*

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