

What's Your Greens IQ?

Name: _____



Start Date _____	End Date _____	Complete this survey at the start and end of this 4-week series as a way to measure what you have learned. Circle Y if you can fully answer yes to the statement. If your response is "sort of" then circle N.
Y N	Y N	I have a several-times-a-week "smoothie habit" that sneaks in veggies, fruit and other nutrient-rich add-ins.
Y N	Y N	For lunch (or dinner) most days of the week, I enjoy a large "detoxifying" dark greens and veggie-filled salad as my entrée.
Y N	Y N	I know how to sauté up delicious greens (like collards and kale), and can do it without bacon fat for flavor.
Y N	Y N	I know how to make the most vibrant, vegetable-filled collard wraps. In fact, I pretty much prefer these over any other sandwich wraps.
Y N	Y N	I regularly incorporate flax seed and/or chia seeds into salads, yogurt, cereal and baked goods.
Y N	Y N	I love impressing my family with divine, eye-appealing Chia Seed Puddings.
Y N	Y N	I know how to make Nachos that are HEALTHY and DELICIOUS.
Y N	Y N	I look to consume avocados or guacamole several times a month, if not each week.
Y N	Y N	I routinely select truly dark chocolate (at least 70% cacao, and not processed with alkali), and use an ounce or two to satisfy a sweet craving instead of cake or cookies.
Y N	Y N	I know how to make the most decadent whole-grain, gluten-free chocolate cake, that includes no added sugar or oil.
Y N	Y N	I know (and do!) simple yoga moves daily that bring down my stress hormones, activate my core and improve my joint flexibility, from head to toe.
Total "Y's" _____	Total "Y's" _____	How do you feel about this change?

Greens Grading Scale – How many times did you answer "yes"?

- 0-3 You are a Greens Goober (No worries, you won't be for long!)
- 4-6 You are a Greens Guppy (Good start, but keep on swimming!)
- 7-9 You are a Greens Gladiator (Ooooooh, you're pretty strong!)
- 10-11 You are a Greens Guru (YAY YOU! You are one with the greens!)