

The Metabolic Health Checklist

By Dr. Bilkisu Gaye | Designed 4 Wellness



Introduction

Most women are told that weight gain, low energy, stubborn belly fat, and increased cravings are simply a normal part of getting older.

But age isn't always the full story.

In functional medicine, we look beyond the symptoms to uncover the underlying factors that may be affecting your metabolism.

This simple checklist can help you identify common metabolic clues that may be influencing your energy, weight, and overall wellness.

Check any statements that apply to you.

I. Blood Sugar Imbalance

- ☐ I feel tired after meals.
- ☐ I crave sweets or carbohydrates throughout the day.
- ☐ I often feel hungry shortly after eating.
- ☐ I experience afternoon energy crashes.
- ☐ My weight tends to collect around my midsection.



Why It Matters?

Blood sugar fluctuations can increase hunger, cravings, fat storage, and inflammation while making it harder for your body to access stored fat for energy.

II. Chronic Inflammation

- ☐ I experience frequent bloating.
- ☐ I wake up feeling stiff or achy.
- ☐ I have persistent fatigue.
- ☐ I struggle with brain fog.
- ☐ My body feels inflamed despite healthy habits.



Why It Matters?

Inflammation can interfere with metabolic function, hormone balance, and the body's ability to efficiently burn fat.

III. Elevated Stress & Cortisol

- ☐ I often feel stressed or overwhelmed.
- ☐ My mind races at night.
- ☐ I struggle to relax even when I have time.
- ☐ I gain weight during stressful periods.
- ☐ I frequently feel tired but wired.



Why It Matters?

Chronic stress can impact blood sugar regulation, sleep quality, appetite, and abdominal fat storage.

IV. Poor Sleep Quality

- ☐ I have trouble falling asleep.
- ☐ I wake up during the night.
- ☐ I wake feeling unrefreshed.
- ☐ I rely on caffeine to function.
- ☐ My energy drops significantly during the day



Why It Matters?

Sleep plays a critical role in metabolism, hunger hormones, insulin sensitivity, and recovery.

V. Loss of Muscle Mass

- ☐ Strength training is not part of my routine.
- ☐ Daily activities feel more difficult than they used to.
- ☐ I notice reduced strength or endurance.
- ☐ My metabolism feels slower than it once was.
- ☐ Weight gain occurs more easily than before.



Why It Matters?

Muscle is metabolically active tissue. Maintaining healthy muscle mass supports blood sugar balance, energy production, and long-term metabolic health.

Your Results

How many boxes did you check?



0–5 Checks

- You may have relatively few metabolic warning signs, but continuing healthy habits is important for long-term wellness.



6–10 Checks

- Your body may be showing early signs of metabolic imbalance that deserve attention.



11+ Checks

- Several metabolic factors may be contributing to symptoms such as fatigue, cravings, weight gain, or difficulty losing weight

Remember: This checklist is not a diagnosis. It's simply a starting point for understanding what your body may be trying to tell you.

Ready to Learn More?

If you're experiencing stubborn weight gain, low energy, hormone concerns, or metabolic health challenges,

A root-cause approach may help uncover what's driving those symptoms.



Dr. Bilkisu Gaye, MD

Functional & Integrative Health Physician



Schedule a Discovery Call
with Dr. Bilkisu Gaye



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www.designed4wellness.com



info@designed4wellness.us



678-595-7674



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