How the 60-Second Checks Work

Quizzes & Self-Checks · https://coachluke.com/docs/how-the-60-second-checks-work/

The 60-second checks are short, chat-style self-checks. You answer a few quick taps about your day, what you've tried and what bothers you most, and your answers point to one of a handful of common patterns I see with clients, plus one simple fix to start with today.

Which checks are there?

There are more than 40, covering hydration, sleep, stress, energy, gut, protein, fiber, vitamins, hormones, bones, skin, focus, recovery, strength and more, plus men's checks and a few for dog owners. You'll find them linked from the articles they go with, at addresses like coachluke.com/check/hydration/. The Weight Loss Quiz and Supplement Match Quiz work the same way.

Do I need to give my email?

Yes. After the last question, you enter your email to see your result. Your result shows right away on the page, and a free guide goes to your inbox too (usually my 14-Day No-Gimmicks Reset).

If you'd rather not use your email, the classic quizzes and every calculator show results with no sign-up. See How the Quizzes Work and How the Free Tools Work.

Do the checks recommend products?

Some do. When a product I use fits your result, the check will point to my full, honest review, including who should skip it. Buying anything is always optional, and the free fix in your result works on its own.

What happens to my answers and email?

Your email is added to my list so I can send the guide you asked for and my regular no-gimmicks emails. It's never sold or shared, and every email has a one-click unsubscribe link.

The check isn't loading

Refresh the page, then try a different browser or turn off content-blocking extensions for this site. Still stuck? Tell me which check and browser through the contact page.

Is my result a diagnosis?

No. Every check is a habit check from a fitness and nutrition coach, not a medical assessment. Each check lists the signs that mean it's time to see a doctor instead. If your symptoms are severe, lasting or worrying you, talk to your doctor.