How the Quizzes Work (and What Happens to Your Answers)

Quizzes & Self-Checks · https://coachluke.com/docs/how-the-quizzes-work-and-what-happens-to-your-answers/

The quizzes on coachluke.com are short self-checks, most taking about two minutes, built around the same questions I'd ask you in a first coaching conversation. There are two kinds, and they work a little differently.

The classic quizzes (no email needed)

- Gut Type Quiz: finds the pattern behind your bloating, energy and digestion
- Energy Drain Quiz: locates where your energy is leaking (sleep, fuel, hydration or overload)
- Sleep Score Quiz: a 0–100 score across the five habits that decide how well you sleep
- Weight Loss Readiness Quiz: an honest answer on whether to start now or build the base first
- Burnout Quiz: tells the difference between stress and burnout, and what to fix first
- Perimenopause Check: a symptom self-check to help you spot the pattern
- Which LiveGood Product Is Right for You?: six quick questions give you one main pick plus one or two add-ons

These show your result instantly on the page. Some results pages offer a related free guide by email. That's optional and separate from seeing your result.

The 60-second checks and email quizzes

- The 60-second checks at coachluke.com/check/ (Hydration, Sleep, Stress, Protein, Gut and more)
- What's Holding Your Weight Loss Back?
- Supplement Match Quiz

These are chat-style. You answer a few quick taps, then 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 skip the email, the Weight Loss Quiz links to the Readiness Quiz and Supplement Match links to the 6-question LiveGood quiz, and neither of those asks for an email. More on the checks: How the 60-Second Checks Work.

Are my answers stored anywhere?

On the classic quizzes, your answers aren't tied to your name or email. The site may remember your result in your own browser so it can point you to more relevant articles and tools on later visits. That stays on your device and clears when you clear your browser data.

On the checks, your email is added to my email list so I can send what you asked for. It's never sold or shared, and every email has a one-click unsubscribe link.

Can I retake a quiz?

Any time. Habits change, so retaking a quiz every month or two is a good way to check whether your changes are working, especially the Sleep Score, which is built for re-testing.

Are quiz results a diagnosis?

No. Every quiz and check is an educational self-check from a fitness and nutrition coach, not a medical assessment. Results are a starting point, not a prescription. If your symptoms are severe, persistent or worrying you, that's a conversation for your doctor.