



Brain Neuro Transmitter QUIZ:

THE AGE PRINT OF THE BRAIN

Scoring:

Give yourself 1 for every true (T) response. Then total your points at the end of each section. Add a 0 to your total score: This is your age print for that biological system.

Dopamine: Brain Fire tower

1. I have gained more than 20 pounds since I have been 20 years old T/F
2. I am a smoker T/F
3. I know I need to exercise but I do not have the energy to do it T/F
4. I overeat when I am stressed T/F
5. I have problems staying focused at home or at work T/F
6. I can never seem to get enough sleep T/F
7. I need to have at least one cup of coffee to jump start me in the morning T/F
8. I have no sex drive T/F
9. I have been diagnosed with heart disease T/F
10. I drink more than 3 alcoholic beverages per week T/F

Number of true responses: _____; add 0 to number = **Dopamine** age code: _____