

THE SIGNATURE BIT

The Fiber Personality Quiz

Tick the answer closest to your usual week — not your best week. Then count your symbols at the bottom. There are no wrong answers here, only different starting points.

Q1 A normal weekday morning looks like...

- | | |
|---|--|
| ☐  Porridge, toast or fruit most days | ☐  Coffee now, food later — if at all |
| ☐  Nibbling on bits from 8am onwards | ☐  A pastry, cereal bar or nothing green |

Q2 In a typical day, how many portions of veg, fruit, beans or whole grains do you get?

- | | |
|--|--|
| ☐  Four or more, usually | ☐  Depends entirely on the day |
| ☐  Two-ish, mostly at dinner | ☐  Honestly, close to none |

Q3 When you eat a big bowl of beans, lentils or raw veg, your gut...

- | | |
|--|--|
| ☐  Gets gassy or tight fairly quickly | ☐  Fine, but my routine is so irregular I can't tell |
| ☐  Feels heavy after grazing all day too | ☐  I rarely eat that much at once |

Q4 Your eating pattern is closest to...

- | | |
|--|---|
| ☐  Three fairly regular meals | ☐  Skipped meals, then one big one late |
| ☐  Small things, often, all day long | ☐  Meals happen, they're just beige |

Q5 The thing that's stopped you before is...

- | | |
|---|---|
| ☐  It made me uncomfortable, so I stopped | ☐  No time to plan or prep anything |
| ☐  My snacks are convenient and I like them | ☐  I didn't know where to begin |

COUNT YOUR TICKS · SHADE ONE SLOT EACH

For example      three of five, and a Rusher week Bloater Rusher Snacker Skipper
☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐ ☐ ☐
☐ ☐ ☐ ☐ ☐ ☐ ☐

Your most-ticked symbol is your type — turn to [page 06](#). Tied? Read both; you'll recognize yourself in one of them by the end.

WHERE TO GO NEXT

**Bloater**

Hold your amount, change the type.

→ [page 12](#), [page 08](#)

**Rusher**

Fixed anchors, let the rest stay chaotic.

→ [page 10](#), [page 11](#)

**Snacker**

Upgrade two snacks, keep the rest.

→ [page 11](#), [page 10](#)

**Skipper**

One swap this week, nothing else.

→ [page 12](#), [page 07](#)

YOU HAVE YOUR TYPE. HERE IS WHAT USES IT.

The Fibermaxxing Starter Guide

The page you just filled in is one of thirteen. The four types it sorts you into only do anything once you reach the pages written for them — and those are the pages this sample does not contain.

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- | | |
|-------------------|--|
| Page 06 | Your type, read back to you — and where to start. |
| Page 07-08 | The pages written for Skippers and Bloaters specifically. |
| Page 10 | Build Your Own Fiber Day — 21 fields, from food you already eat. |
| Page 11-12 | The seven-day ramp, at a pace that does not leave you bloated. |
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13 pages. 70 tick boxes. 8 fillable fields.

Yours to keep — no subscription, nothing that expires.

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