1. Are your shoulders?
   1. Wider than my hips (endo)
   2. Same width as my hips (meso)
   3. Narrower than my hips (ecto)
2. What does your body tend to do?
   1. Stay skinny (ecto)
   2. Stay lean (meso)
   3. Stays a bit heavier (endo)
3. How does your body look?
   1. Like an hourglass shape (meso)
   2. Pear-shaped (thicker on bottom) (endo)
   3. Mostly straight (ecto)
4. How do you gain weight?
   1. I gain weight easily (endo)
   2. I have an average time gaining weight (meso)
   3. I have a hard time gaining weight (ecto)
5. How do you lose weight?
   1. I have a hard time losing weight (endo)
   2. I have an easy time losing weight (ecto)
   3. I have an average time losing weight (meso)
6. What is your bone structure like?
   1. Small (ecto)
   2. Thick (endo)
   3. Medium (meso)
7. What were you like as a child (9-12)?
   1. Chubby (endo)
   2. Normal (meso)
   3. Thin (ecto)
8. How often are you hungry?
   1. All the time (endo)
   2. Sometimes (meso)
   3. Rarely (ecto)
9. How do you build muscle?
   1. I have a hard time building muscle (ecto)
   2. I have an easy time building muscle (meso)
   3. I have an average time building muscle (endo)
10. If I put my hand around my wrist my thumb and middle finger
    1. Do not touch
    2. Just touch
    3. Overlap