

Module 10, Lesson 10 Quiz:
Carb Cycling

1. What is the definition of carb cycling?
 - a. **Restricting carbohydrates in various amounts over days, weeks or months for weight loss or improved athletic performance**
 - b. Limiting grams of carbohydrates consumed based on the time of day and calendar cycle to maximize weight loss
 - c. Rotating when and how complex carbohydrates are consumed based on an athletic training schedule and the lunar calendar
 - d. Increasing or decreasing carbohydrate intake according to body weight fluctuations daily

2. Carb cycling is used primarily by athletes and is not as commonly used in the general weight loss world because:
 - a. It is hard to do if you are not training consistently every day
 - b. The baseline calories are too high for non exercisers
 - c. **It adjusts for the intensity of training and maximizes available energy**
 - d. The carb cycling community in gyms is what motivates people to stay with it

3. True or false. Carb cycling is complicated and looks to promote muscle growth, reduce insulin sensitivity and aid with recovery.
 - a. **True**
 - b. False