

What kind of crunchy mom are you?

Select the answer that most closely aligns with your lifestyle.

Follow the instructions on page 3 to grade your quiz – don't peak ahead!

- 1) Diapering
 - (a) Elimination Communication (is the practice of introducing your baby to the toilet or potty at a very early age – usually between birth and 4 months.)
 - (b) Cloth diapering
 - (c) Organic diapers
 - (d) Sore bought diaper – my favorite brand or whatever is on sale
- 2) Birth
 - (a) Home birth
 - (b) Birth center/non medicated
 - (c) Hospital/medicated
 - (d) Scheduled C-section
- 3) Breastfeeding (if you were able to/wanted to)
 - (a) Thinking about weaning my 4 year old
 - (b) Breastfed beyond 1 year
 - (c) Stuck with the doctor recommended 1 year
 - (d) 6 months max
- 4) Formula feeding
 - (a) Made my own formula
 - (b) All organic all the time
 - (c) Sometimes organic sometimes not
 - (d) I use what I get coupons for
- 5) Sleeping
 - (a) Co-sleeping
 - (b) Bassinet right next to me for 6 months minimum
 - (c) Crib in the nursery
 - (d) Where ever they fall asleep
- 6) Cleaning
 - (a) I make all of my own cleansers with essential oils
 - (b) I use organic non toxic products and reusable cloths
 - (c) I use a mix of things and try to reduce my use of paper towels but it's not really important to me
 - (d) BLEACH ALL OF THE THINGS!
- 7) Beauty products
 - (a) Does coconut oil count?
 - (b) I use organic and non-toxic products exclusively
 - (c) I swap out for safer products here and there, but I like what I like
 - (d) I have a Sephora credit card and do not give a crap what is in those spectacular products

- 8) Eats
 - (a) I'm a vegan who eats primarily what I grow myself
 - (b) I try to limit my animal proteins and buy organic, non-GMO almost exclusively
 - (c) I will buy organic when it's on sale, but it's not a big priority
 - (d) I don't believe in organic - the pesticides make it look more delicious
- 9) Recycling Compositing
 - (a) I rarely use products that can't be recycled or create waste and have a compost pile
 - (b) I use reusable coffee and water cups and recycle everything I can
 - (c) I recycle at home for sure, but it's hard to remember my reusable grocery bags and cups... so sometimes I don't
 - (d) We have a recycle bin...
- 10) Health - when you are sick
 - (a) I diffuse essential oils
 - (b) I'll try all holistic medicine/remedies I can before resorting to going to the doctor
 - (c) I'm not going to pop a pill for any old thing, but OTC medicine can be a lifesaver
 - (d) Sniffle sniffle - call 911!
- 11) Fitness
 - (a) I practice yoga and mindful meditation everyday
 - (b) I make time for fitness and especially yoga - it's very important to me
 - (c) I dabble in different fitness programs here and there
 - (d) Shopping is my cardio
- 12) Transportation
 - (a) I ride my bike everywhere I can but if I must, I drive a car that runs on vegetable oil
 - (b) Public trans where ever possible!
 - (c) Hybrids4lyfe!
 - (d) Love my car!

Scoring

- 3 points for every a
- 2 points for every b
- 1 point for every c
- 0 points for every d

Results

- 0-12 points Silky mom
- 13-24 points Scrunchy mom
- 25-36 points Crunchy mom

Do you agree with your results?

Share them with us!