

# BANANA STAND CLUB QUIZ QUESTIONS

## 1. How do you typically start your morning?

- A) With purpose and protein
- B) By scrolling in bed for an hour
- C) Whispering sweet nothings to my coffee
- D) Wondering if this is the day I finally jog... to the fridge

## 2. How often do you feel like your “mojo” is fully charged?

- A) Daily, baby
- B) When Mercury’s in retrograde
- C) Only after a 3-hour nap and a good burrito
- D) Mojo? I thought we were out of that

## 3. What’s your current energy level at 2 PM?

- A) Rocket fuel
- B) Mid-grade gasoline
- C) Tap water
- D) A potato on the couch

## 4. How often do you initiate “intimate time” with your partner?

- A) Like clockwork
- B) When the kids aren’t home
- C) When the stars align and the dog isn’t in bed
- D) Wait... we’re still doing that?

## 5. How do you deal with stress?

- A) Deep breaths and ice baths
- B) Yelling into a pillow named Carl
- C) Eating a family-sized bag of trail mix
- D) Letting it simmer for 5–7 years

## 6. When you wake up, what’s your first thought?

- A) "Let’s conquer the day!"
- B) "Where’s the snooze button?"
- C) "My back is 87 years old."
- D) "Why does cereal taste like cardboard now?"

## 7. How often do you feel like a background character in your own life?

- A) "Never — I’m the main character."
- B) "Occasionally, but I get good screen time."
- C) "Every time I enter a room."
- D) "Even my dog ignores me."

## 8. What’s your go-to move when you're feeling low on mojo?

- A) Power walk with purpose

- B) Deep thoughts in the shower
- C) Scrolling memes until hope returns
- D) Starting a task, then forgetting it exists

**9. Which best describes your current energy level?**

- A) Rocket fuel
- B) Hybrid car with low battery
- C) 90s dial-up internet
- D) A banana that's been in the sun too long

**10. Do you ever feel like yelling "I'm tired!" is your full personality?**

- A) Nope, I'm energized
- B) Only during daylight hours
- C) Yes, and I do it daily
- D) I am fatigue incarnate

**11. What would your banana say if it could talk?**

- A) "You've still got it, champ."
- B) "We used to be somebody!"
- C) "Put me in, coach — or not."
- D) "Is this all there is?"

**12. What's your definition of success these days?**

- A) Feeling happy and healthy
- B) Getting through a day without sighing
- C) Keeping my pants zipped and my mind sharp
- D) Remembering why I walked into the room

**13. Which best describes your sleep?**

- A) Deep and dreamy
- B) Interrupted but functional
- C) War zone of tossing and turning
- D) Like charging a phone in a thunderstorm

**14. What's the last challenge you completed for yourself?**

- A) A 5K or physical challenge
- B) Stayed off social media for 24 hrs
- C) Didn't yell at slow drivers
- D) Woke up before 9AM — accidentally

**15. When was the last time you truly felt like yourself?**

- A) Today
- B) Last weekend
- C) Not since the iPhone 4
- D) Still waiting

**16. Do you feel like your hormones are holding a protest?**

- A) Nah, they're team players
- B) A little disorganized
- C) Yes, it's a full-on riot
- D) I think mine moved out

**17. What's your confidence level like these days?**

- A) Sky high
- B) Comes and goes
- C) Lower than gas station sushi
- D) I don't even wave at mirrors anymore

**18. How often do you avoid hard conversations?**

- A) Rarely — I lean into them
- B) Sometimes
- C) Every time I sense one coming
- D) I fake a cough and walk away

**19. Do you know what your testosterone level is?**

- A) Yes, it's optimal
- B) I checked last year
- C) I've been meaning to...
- D) I thought that was a car part

**20. What's your go-to food when life feels overwhelming?**

- A) Protein and greens
- B) Cereal at 11 PM
- C) Sad pizza
- D) Ice cream with a side of regret

**21. What's your relationship with stress these days?**

- A) We're just friends... who sleep in the same bed
- B) I ghost it until it shows up uninvited
- C) It's complicated and slightly toxic
- D) We're co-owners of a timeshare in my chest

**22. What does your posture say about your mood?**

- A) "I'm confident and aligned!"
- B) "I've accepted being a lowercase 'r'."
- C) "Please don't ask me to stand up fast."
- D) "I look like a question mark... and feel like one too."

**23. How do you handle small talk these days?**

- A) Like a seasoned pro with charm and grace
- B) With a lot of "yeah, totally"

- C) I just repeat whatever they said, but quieter
- D) I fake a phone call and walk away

**24. When was the last time you had a real belly laugh?**

- A) This morning — thanks to Chuck
- B) When my pants ripped in public
- C) A few memes ago
- D) I'm saving it for a special occasion

**25. What's your idea of a "wild night" now?**

- A) Staying up past 10
- B) Eating carbs without guilt
- C) Saying yes to the extended warranty
- D) Not checking your phone for 2 hours

**26. What do you do when you're overwhelmed?**

- A) Power through like a boss
- B) Cry in the shower while stress-cleaning
- C) Make a to-do list, then nap
- D) Yell "SERENITY NOW" into the void

**27. What's your self-care routine like?**

- A) Green smoothies, cold plunges, journaling
- B) One good cry per quarter
- C) I have a punch card at my therapist's
- D) I just scroll and hope for enlightenment

**28. How would you describe your motivation levels?**

- A) On fire — let's go
- B) Warm ember with occasional sparks
- C) Like an unplugged blender
- D) Missing. Please return if found.

**29. Do you feel like you're evolving or dissolving?**

- A) Evolving, baby!
- B) It's a mix of both
- C) Like a popsicle in the sun
- D) Whatever it is, it's melting fast

**30. What's your secret weapon when you're down?**

- A) A brisk walk and some Chuck wisdom
- B) A burrito and 30 minutes of denial
- C) A weird dance in the mirror
- D) Rewatching that one motivational TikTok

**31. What do you need more of right now?**

- A) Energy
- B) Focus
- C) Connection
- D) All of the above — plus a nap and a strong coffee

**32. If your mojo had a theme song, what would it be?**

- A) “Eye of the Tiger”
- B) “Back in Black”
- C) “Fix You”
- D) “The Sound of Silence” — unplugged version

**33. Do you take time for yourself each day?**

- A) Yes, non-negotiable
- B) When I remember
- C) Only when the Wi-Fi goes out
- D) Time? What’s that?

**34. How’s your sense of purpose lately?**

- A) Crystal clear
- B) A little foggy but present
- C) On a break
- D) Ghosted me and moved to another city

**35. How do you celebrate your wins?**

- A) With intention and gratitude
- B) With tacos and high-fives
- C) I text myself “good job” ironically
- D) I didn’t know I was allowed to win

**36. Do you ever feel invisible?**

- A) Nope, I shine bright
- B) Occasionally
- C) In staff meetings and family dinners
- D) Even my shadow left me on read

**37. How much fun are you having lately?**

- A) Tons — it’s my golden era
- B) Moderate, like lukewarm soup
- C) Fun is something I schedule monthly
- D) I once smiled in 2020, does that count?

**38. If your body could talk, what would it say?**

- A) “Thanks for finally stretching!”
- B) “We’re trying, okay?”

- C) "You did WHAT to me yesterday?"
- D) "Call a mechanic."

**39. Are you proud of who you're becoming?**

- A) Absolutely
- B) Slowly but surely
- C) It's complicated
- D) I plead the fifth

**40. Have you lost interest in things you used to love?**

- A) Nope, still thriving
- B) A little, but trying
- C) My hobbies left me
- D) I'd rather scroll and sulk

**41. Do you believe you can change your mojo level?**

- A) 100% — already started
- B) With help and coffee
- C) Maybe if Mercury chills
- D) Only if Chuck says so

**42. What would make you feel alive again?**

- A) Adventure and cold plunges
- B) Sleep and sunlight
- C) Testosterone and tacos
- D) A hug... and a nap

**43. If life gave you a reset button, what would you change first?**

- A) My health
- B) My stress levels
- C) My job
- D) That haircut from 2007

**44. How do you define "mojo" now vs. 10 years ago?**

- A) Still about confidence
- B) Less ego, more peace
- C) It's now about energy and ease
- D) I miss that guy

**45. What's your reason for joining Banana Stand Club?**

- A) To feel like myself again
- B) To laugh and grow
- C) To reclaim my edge
- D) Honestly, I heard there were coins

**46. When you open the fridge, do you:**

- A) Forget why you're there
- B) Grab a protein shake
- C) Just stare and sigh
- D) Order takeout instead

**47. Your jeans from last year...**

- A) Don't exist anymore
- B) Might fit your cat
- C) Require deep squats and prayer
- D) Still fit — on good days

**48. How do you feel about mirrors lately?**

- A) Avoid them like politics at dinner
- B) Flex and nod
- C) Glance and pretend it's a stranger
- D) I only use them for dental checks

**49. Your sleep routine is best described as:**

- A) Legendary
- B) Netflix-induced coma
- C) 3 naps in a trench coat
- D) A mess with mood swings

**50. How often do you feel proud of yourself?**

- A) Daily — I'm on fire
- B) When laundry gets folded
- C) Rarely but it happens
- D) When I remember where I parked

**51. What happens when someone cuts you off in traffic?**

- A) Inner peace... LOL just kidding
- B) You recite their license plate like a curse
- C) Rage text your group chat
- D) Smile and bless their heart... with sarcasm

**52. You last worked out:**

- A) Yesterday — crushed it
- B) When P90X was a thing
- C) I consider stretching a workout
- D) I got winded tying my shoe

**53. What's your go-to stress snack?**

- A) All of them
- B) Spoonfuls of peanut butter

- C) Air-fried hope
- D) Banana. I'm on brand.

**54. Your partner says "We need to talk." You:**

- A) Run
- B) Hide behind a plant
- C) Brace for impact
- D) Say, "Hold on, let me get Chuck."

**55. Do you feel sexy?**

- A) Not even a little
- B) Only when no one's looking
- C) Occasionally... with good lighting
- D) Yes — like a ripe plantain on vacation

**56. Your ideal vacation includes:**

- A) Sleep and silence
- B) Wellness retreat with optional tacos
- C) Hotel gym you pretend to use
- D) Beaches, bananas, and belly laughs

**57. Your idea of a good time now involves:**

- A) Comfortable pants and no plans
- B) Falling asleep during a movie
- C) Talking about taxes over tacos
- D) Sunrise coffee and a good poop

**58. How often do you check your testosterone levels?**

- A) Weekly — I'm a numbers guy
- B) When I'm feeling off
- C) Once a year... maybe
- D) Wait, I can check that?

**59. You finish a challenge. What's your reward?**

- A) A nap
- B) Banana Buck, please
- C) Mojo Koin and self-respect
- D) Victory dance, awkward edition

**60. Your motivation on Monday mornings is:**

- A) Coffee and chaos
- B) Chuck's voice in my head
- C) Fear of failure
- D) Banana Bucks and maybe breakfast

**61. What best describes your mental focus right now?**

- A) Like a laser... on a squirrel
- B) Sharp in the morning, fog by 2 PM
- C) Depends on caffeine intake
- D) "Huh?" — Me, every 5 minutes

**62. You find out you're out of deodorant. You:**

- A) Panic and cancel plans
- B) Use baby powder and hope
- C) Try "natural musk" (a mistake)
- D) Banana peel it and pretend it's a patch

**63. How's your relationship with your body lately?**

- A) We're vibing again
- B) It's complicated
- C) Passive aggressive
- D) Filing for emotional separation

**64. What's your morning ritual?**

- A) Meditation and Mojo check-in
- B) Coffee, chaos, and complaining
- C) Scrolling and soul-searching
- D) Cold shower, power stance, warrior face

**65. Favorite time of day for self-care?**

- A) Morning mojo hour
- B) Midday meltdown
- C) Right before the guilt sets in
- D) 2AM existential panic

**66. How often do you talk about your feelings?**

- A) Weekly with Chuck
- B) Occasionally to the dog
- C) Rarely, unless I stub my toe
- D) I tried once — pulled a muscle

**67. What motivates you most?**

- A) Banana Bucks
- B) Future me yelling "Get it together!"
- C) Free merch and validation
- D) The idea of being a legend

**68. How long could you go without your phone?**

- A) 10 minutes, tops
- B) 1 hour if asleep

- C) A full day on a dare
- D) Already lost it. I'm free now.

**69. What's your self-care secret weapon?**

- A) Face masks and humor
- B) Talking to Chuck
- C) Denial — it's a lifestyle
- D) Dance breaks and daily affirmations

**70. How honest are you with yourself?**

- A) Brutally
- B) Depends who's asking
- C) I gaslight myself sometimes
- D) I treat myself like an ex I'm avoiding

**71. What's your biggest distraction lately?**

- A) TikTok and tacos
- B) Thoughts of what I *should* be doing
- C) Netflix asking if I'm still watching
- D) Overthinking that thing from 2009

**72. What gives you the biggest Mojo boost?**

- A) Crushing a challenge
- B) Hearing "you look good!"
- C) Laughing till I wheeze
- D) A full night's sleep and a banana

**73. Do you like who you're becoming?**

- A) Hell yes — banana boss in progress
- B) I'm warming up to him
- C) He's alright... needs a haircut
- D) I'm not sure, but he's got potential

**74. What's your Banana Stand ritual?**

- A) Check in, challenge, chuckle
- B) Just here for the Mojo Koin
- C) Lurk in the shadows, occasionally post
- D) It's the only thing I do on purpose

**75. What do you want most right now?**

- A) Energy
- B) Focus
- C) Connection
- D) A snack and a nap in that order

**76. When was the last time you laughed until it hurt?**

- A) Last night at Chuck's advice
- B) This morning in the mirror
- C) It's been a minute
- D) Wait, people *still* laugh?

**77. What are you avoiding lately?**

- A) Doctor's appointments
- B) The gym
- C) My ex's new profile pic
- D) All forms of confrontation... and my inbox

**78. What best describes your self-talk?**

- A) Tough love, soft voice
- B) Brutally sarcastic
- C) Encouraging when caffeinated
- D) A mix of TED Talk and stand-up comedy

**79. What's your sleep soundtrack?**

- A) Crickets and anxiety
- B) White noise and weird dreams
- C) Chuck's guided Mojo meditation
- D) Inner dialogue arguing with past mistakes

**80. How often do you push your comfort zone?**

- A) Weekly — that's how I grow
- B) Only when absolutely necessary
- C) I visit, but I don't live there
- D) I tripped over it once and never went back

**81. When you hear "Banana Stand Club," what's your first thought?**

- A) Hopefully there's potassium and punchlines
- B) Cult... but like a really cool one
- C) Sounds like something I need right now
- D) I was promised coins. Where are the coins?

**82. What's your biggest fear these days?**

- A) My testosterone has left the group
- B) That this *is* my final form
- C) Running into my ex while buying adult vitamins
- D) Becoming "that guy" at BBQs

**83. What does "getting your mojo back" mean to you?**

- A) Feeling good naked again
- B) Laughing without pulling something

- C) Regaining confidence, one Banana Buck at a time
- D) Living like someone who didn't lose their remote

**84. When someone compliments you, what's your reflex?**

- A) Deflect, deny, disappear
- B) Say thanks but die inside
- C) Whisper "Banana Stand's working"
- D) Blush and fist-bump yourself

**85. You just earned a Banana Buck. What do you do?**

- A) Cry with joy
- B) Brag in the group chat
- C) Make it your new profile pic
- D) Tape it to your mirror with purpose

**86. How often do you check in with yourself?**

- A) Every morning like a life coach
- B) Sometimes... when I trip over emotions
- C) Rarely, I ghost myself
- D) Only after emotional indigestion

**87. You failed the last challenge. Now what?**

- A) Delete my account and move to Peru
- B) Laugh it off and eat a banana
- C) Retry — this time with pants on
- D) Turn the failure into a meme

**88. What's your long-term Banana Stand goal?**

- A) To feel proud of myself again
- B) Get shredded emotionally and physically
- C) Build friendships with other "mojo-less" legends
- D) Earn enough Banana Bucks to retire (emotionally)

**89. Your Mojo meter is running low. What's your move?**

- A) Revisit Chuck's advice column
- B) Walk barefoot in nature like a weirdo
- C) Power nap with warrior dreams
- D) Cold plunge, loud scream, self high-five

**90. Why are you really here?**

- A) Because pretending was exhausting
- B) Because this felt real
- C) Because I want to laugh and grow
- D) Because the other guys get it — and so do

**91. What's the first thing you do when you feel off your game?**

- A) Blame the moon
- B) Rewatch my favorite memes for motivation
- C) Open the fridge and stare
- D) Google "how to get mojo back without crying"

**92. How would your best friend describe your current vibe?**

- A) Chill and focused
- B) Slightly unhinged but lovable
- C) A walking nap
- D) Banana adjacent — not quite ripe, not totally peeled

**93. When's the last time you felt truly seen?**

- A) Yesterday during a deep convo
- B) Last time I stubbed my toe in public
- C) When Chuck replied to my comment
- D) Still waiting... patiently... loudly

**94. What's your self-care style?**

- A) Intentional and structured
- B) Scheduled but negotiable
- C) Random and guilt-laced
- D) Wing it and hope for banana magic

**95. Your inner voice sounds most like:**

- A) A personal trainer with feelings
- B) A sarcastic best friend
- C) Morgan Freeman... if he were disappointed
- D) Chuck Norris meets Dr. Phil

**96. When was the last time you truly unplugged?**

- A) This weekend
- B) I forgot what that means
- C) When I dropped my phone in the toilet
- D) During a blackout — it was spiritual

**97. What's the Banana Stand Club really about to you?**

- A) Reclaiming my spark
- B) Laughing while leveling up
- C) Being real in a world of filters
- D) Brotherhood with benefits (like Mojo Koin)

**98. What advice would you give your younger self?**

- A) Sleep more, stress less
- B) Banana peels are slippery — walk smart

- C) Confidence isn't loud — it's consistent
- D) Don't skip leg day or therapy

**99. How do you deal with setbacks now?**

- A) Strategize and reset
- B) Rant, snack, reboot
- C) Write a song about it and move on
- D) Chuck it in the “life lessons” bin

**100. What do you want people to say about you at your peak?**

- A) “He got his mojo back and helped others do the same.”
- B) “Legend — with bananas to prove it.”
- C) “Real. Relatable. Ripe.”
- D) “He laughed, he lived, he peeled strong.”