

YOUR BODY SCORECARD

	# of points	Your score
WHAT YOU EAT		
Green Vegetables		
Fewer than 5 servings a week	0	
5 to 10 servings a week	1	
3 or more servings a day	2	
Fresh Fruit (other than bananas)		
Fewer than 5 servings a week	0	
5 to 10 servings a week	1	
2 or more servings a day	2	
Whole Grains and Whole Grain Products		
Fewer than 5 servings a week	0	
One serving a day	1	
More than one servings a day	2	
Good Fats		
Zero or hardly any	0	
Olive oil and other healthy oils, nuts, flax, and/or avocado a few times a week	1	
Olive oil and other healthy oils, nuts, flax, and/or avocado a few times a day	2	
Quality Protein		
All or most from fatty meat and full-fat dairy	0	
All or most from lean meat, fish poultry, eggs, low-fat dairy	1	
About half from legumes, whole grains, nuts, and other vegetable sources (the rest from lean meat, fish poultry, eggs, low-fat dairy)	2	
Bonus Points - <i>For each additional serving of these (beyond your first 3 vegetables on any given day) Add 1 point per serving; 2 points if prepared with olive oil</i>		
Cooked green vegetables (1/2 cup serving)	1 or 2	
Tomatoes, raw or cooked (1/2 cup serving)	1 or 2	
Salad greens, especially deeply colored ones, like romaine, spinach, or arugula (1-cup serving)	1 or 2	
HOW, WHEN, WHY, AND WHERE YOU EAT		
Pace		
I tended to eat very quickly.	0	
I managed to make my meals last for an average of 5 to 10 minutes.	1	
I stretched most meals to at least 15 minutes.	2	
Location and Mode		
I tended to eat while standing, walking around the house, driving, talking on the phone, or in front of a TV or computer.	0	
I mostly ate while sitting and reading.	1	
I ate while sitting and relaxing – alone, or with others.	2	
Focus		
I didn't think about my food when eating it, and don't remember much about it.	0	
I noticed and enjoyed some of what I ate and remember some of it.	1	
I paid full attention each time I ate, tasting and enjoying my food, and remember it well.	2	
Purpose		

I ate mostly because I felt bored, lonely, or sad.	0	
I usually ate because it was mealtime.	1	
I ate because it was mealtime and I was hungry and really looking forward to eating.	2	
Meals		
I skipped meals here and there.	0	
I ate 3 meals each day, but they were of varying quality and not all of them were balanced.	1	
I ate 3 balanced meals of top quality each day.	2	
Breakfast		
I ate no breakfast to speak of (except perhaps a bagel or pastry on some days, with or without coffee).	0	
I ate a few bites of something healthy on most days.	1	
I ate a full, healthy breakfast every day.	2	
Between Meals		
I snacked indiscriminately and for no particular reason, and can't really say what I ate or how much.	0	
I had a few healthy snacks and a few "empty" ones.	1	
I snacked when hungry on healthy items (raw or roasted vegetables, fresh fruit, nuts or nut butter, bean dips, low-sugar yogurt, whole grain crackers, etc.).	2	
After Dinner		
I ingested major calories after between dinner and bedtime.	0	
I had a light, healthy snack or a glass of low-fat milk once in a while between dinner and bedtime.	1	
I had nothing after dinner in anticipation of my good breakfast the next morning.	2	
Food-Positivity		
I didn't do any focused grocery shopping or cooking at all.	0	
I spent a little time on focused shopping and did a little cooking.	1	
I made a point to shop well, spending time in the produce department and other healthy food venues, and enjoyed several sessions of simple cooking.	2	
Self-Sabotage		
I tempted myself by having sweets, ice cream, and/or unhealthy snacks in the house – and I lost the bet.	0	
I tempted myself by having sweets, ice cream, and/or unhealthy snacks in the house – and I won the bet.	1	
I decided not to have sweets, ice cream, and/or unhealthy snacks on the premises at all and focused on other things.	2	
HEALTHY BODY HABITS		
Aerobic Exercise		
I didn't.	0	
I did some decent moving around on most days.	1	
I did sustained brisk movement (walking, jogging, cycling, aerobic machines, swimming, etc.) for at least 30 minutes, sustained, at least 4 days during the week.	2	
Resistance Exercise		
I resisted.	0	
I did a few chin-ups, pull-ups, push-ups – or a little weight-lifting a few times here and there.	1	
I did 5 minutes or more of chin-ups, pull-ups, push-ups – or a little weight-lifting at least every other day.	2	
Water		

I drank only a few sips once in a while.	0	
I drank a few glasses on most days.	1	
I drank at least six 8-ounce glasses every day.	2	
Sleep and Relaxation		
I am generally sleep-deprived and can't seem to catch up or find time to rest.	0	
I slept fairly well most nights and found some additional time to relax some of the time.	1	
I slept as much as I needed and made additional time to relax regularly.	2	
Multivitamin		
None	0	
Some days	1	
Every day	2	
Weight Monitoring		
I haven't weighed myself in recent memory and am afraid to look.	0	
I weigh myself at least once a day, sometimes more.	0	
I weigh myself at least several times a week, tending to get on a scale whenever I see one.	0	
I weigh myself on the same scale once a week – at the same time of day and in the same clothing.	2	
Bonus Points - Add 2 points per day for each of these:		
Add 2 extra points if you did at least 30 minutes of aerobic exercise more than four times per week. (within reason; make sure your doctor approves!)		
Add 2 extra points if you did resistance exercise for at least 5 minutes more than 3 times a week.	2/day	
Add 2 extra points if you had 1 to 2 alcoholic drinks (not more) on at least 3 days per week. (Points count only if you are at least 40 years old and have no reason to avoid alcohol.)	2/day	
WHAT YOU DON'T EAT		
WHITE BREAD, WHITE RICE, POTATOES, OR POTATO PRODUCTS		
Subtract 2 points every time per day you eat a serving of white bread, white rice, potatoes, potato products, or processed snack food.		
SUGAR-SWEETENED BEVERAGES		
Subtract 2 points for every serving per day of a sugar-sweetened beverage.		
TOTAL – YOUR BODY SCORE		