

Food Log Scorecard – Weight Loss

Directions: Go through one day of your food log. Give yourself 1 point for each of the 7 healthy eating items below. Then, deduct 1 point for each indicated penalty category. (Total possible healthy eating points = 7 points. Total possible penalty deductions = 6 points.)

Healthy Eating: Give yourself 1 point if you...

- 1. Ate at least 5 fruits and/or vegetables (1 serving = ½ cup or 1 medium fruit) _____
- 2. Drank at least 64 oz of plain water _____
- 3. Consumed at least one minimally processed whole grain (quinoa, brown rice, whole wheat bread, whole wheat pasta) _____
- 4. Ate at least one lean protein or plant protein (skinless chicken or turkey, white fish, egg whites, tofu, tempeh, beans, veggie burger) _____
- 5. At least 3 food groups per meal (fruits, vegetables, protein, dairy, grains) _____
- 6. Did not skip any meals _____
- 7. Completed 30 minutes of moderate to high intensity exercise _____
- Healthy Eating Total _____

Penalties: Deduct 1 point if you...

- 1. Drank a sugar sweetened beverage or drink with more than 30 calories per 8 oz. (soda, sweet tea, juice, high calorie coffee drink (frappacino, etc.)) _____
- 2. Ate a salty food with over 300 mg of sodium per serving _____
- 3. Ate a refined white starch or dessert _____
- 4. Consumed more than 2 alcoholic drinks _____
- 5. Ate a packaged food with more than 5 ingredients _____
- 6. Consumed a fried food _____
- Penalties Total _____

Healthy Eating Total – Penalties Total = _____

GRADES

Food Log Phenom (6-7 points): Not only do you incorporate the facets of healthy eating into your daily routine but you are also great at avoiding unhealthy choices that may derail the progress towards your goals. Keep up the great work!

On the Fence (4-5 points): At any given moment you could either be the EFC poster child or a honey badger on a beehive. Consistency is key. By keeping the over indulgences to a minimum, you will find yourself on the fast track to phenom.

Off the Wagon (3 points or less): Your unhealthy choices are outweighing your healthy ones. Those who fail to plan, plan to fail. Schedule a one-on-one session with Becky to rededicate yourself to your goals and make a plan for success.

Disclaimer: This scorecard is a guide to help most people determine the quality of their nutrition habits. If you have any individual questions or concerns, schedule a one-on-one appointment with the nutritionist at 667-7445.