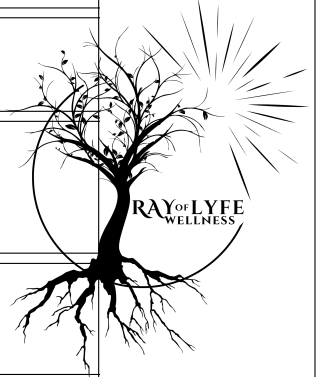
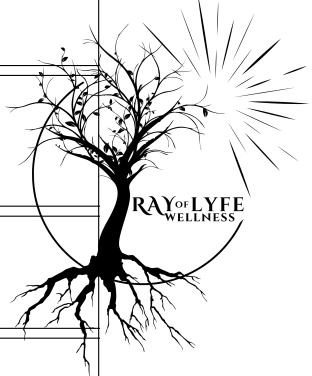


NUTRITION LOG

*Answer each question with a YES or NO		Grading is as follows:	*Every day, you start out with 60 points.	For questions 1-8 (*page 1), each YES adds 5 points.	For questions 9-15 (*page 2), each YES subtracts 5 points.	Totaled points at the end of the day equal your grade:	0-40 = F 45-60 = D 65-75 = C	*GOAL 80-85 = B 90-100 = A	NOTES:
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
1	Did you have 4 or more servings of vegetables, <i>not</i> counting potatoes, beans, or corn?								
	<ul style="list-style-type: none"> - a serving of vegetables is 1/2 cup or about the size of an ice cream scoop. For lettuce or any other raw, leafy green, a serving is 1 cup. *veggies in smoothies count, but vegetable juice does not count. 								
2	Did you have at least 6 different types of vegetables?								
	<ul style="list-style-type: none"> - this question is about the variety of vegetables you ate, not the quantity. *For example: peppers, cucumbers, spinach, celery, onions, and carrots = YES but 3 servings of cucumbers + 3 servings of carrots = NO 								
3	Did you have 2 servings of fruits today?								
	<ul style="list-style-type: none"> - a serving of vegetables is 1/2 cup or about the size of an ice cream scoop. *fruits in smoothies count, but fruit juices or concentrates do not count 								
4	Did you have at least 2 different types of fruits today?								
	<ul style="list-style-type: none"> - this question is about the variety of fruit you ate, not the quantity. *For example: 1 banana + 1 apple = YES but 2 servings of bananas = NO 								
5	Did you eat a serving of meat protein today?								
	<ul style="list-style-type: none"> - meat proteins include fish, poultry, beef, buffalo, venison, lamb, mutton, goat, etc. A serving is 3 oz. or about the size of your palm & the thickness of a deck of cards. *potted, processed, fried, powdered collagens, or pork products do not count 								
6	Did you eat 1 or more servings of nuts, seeds, or avocados?								
	<ul style="list-style-type: none"> - a serving size of nuts/seeds is a small handful whole nuts/seeds, 1/4 cup of chopped nuts/seeds or nut/seed flours, or 2 Tablespoons of nut/seed butter (about the size of a golf ball). A serving of avocado is 1/4 of a fruit. *Oils or peanuts do not count. 								
7	Did you drink at least 80 ounces of water today?								
	<ul style="list-style-type: none"> - ten 8 oz cups or 2.5 liters of still, non-sparkling, water. *does not include sports drinks, juices, coffees, teas, etc. 								
8	Did you have 1 or more servings of fish, flax, chia, or hemp?								
	<ul style="list-style-type: none"> - fish includes all types of swimming/finned seafood. A serving is 3 oz. or about the size of a deck of cards. For flax, chia, or hemp seeds, a serving size is 2 Tablespoons or about the size of a golf ball. *Shellfish, oils, or supplements do not count. 								
Extra Credit	Did you eat any cultured or fermented foods?								
	<ul style="list-style-type: none"> - for example, yogurt, kefir, kim-chi, sauerkraut (<u>NOT</u> from a can!), kombucha, etc. *the food should contain live, active cultures and should not be cooked. 								
PAGE 1 TOTALS									

NUTRITION LOG

*Answer each question with a YES or NO		Grading is as follows:	*Every day, you start out with 60 points.	For questions 1-8 (*page 1), each YES adds 5 points.	For questions 9-15 (*page 2), each YES subtracts 5 points.	Totalled points at the end of the day equal your grade:	0-40 = F 45-60 = D 65-75 = C	* GOAL 80-85 = B 90-100 = A	NOTES:
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
9	Did you eat <u>more</u> than 1 serving of starch today? <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> - a serving of a starch is 1/2 cup or about the size of an ice cream scoop. A starch includes, any potatoes, legumes including peas, peanuts, or green beans, grains or grain/grain products such as rice or corn, plantains, tapioca, cassava etc. </div>								
10	Did you eat <u>any</u> processed dairy today? <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> - includes pasteurized milks, milk by-products, sour cream, cottage cheese, non-fat yogurts, whey proteins, yellow colored cheeses, ice creams, condensed or dried milks. *does not include white cheeses, plain whole-fat yogurts, or raw milk products. </div>								
11	Did you consume <u>any</u> alcoholic beverages? <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> - includes beers, wines, liquors, hard ciders, liqueurs, etc. </div>								
12	Did you eat <u>any</u> charred or processed meat products or any pork products today? <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> - includes meat, poultry, and fish cooked over flames or charcoal, unless it has been marinated; processed meats include pepperoni, salami, bacon, ham, hot dogs, smoke sausage, etc. </div>								
13	Did you eat <u>any</u> foods made with processed, refined grain-flours? <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> - this includes breads, pastas, baked goods, breading, batters, and anything else made of wheat/corn/rye/barley/rice flours, etc.. *sprouted grains such as Ezekiel, Quinoa, or Einkorn grains do not count </div>								
14	Did you have <u>any</u> sweetened foods or beverages? <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> - includes pastries, cookies, cakes, candies, ice cream, soft drinks, sweetened yogurts, cereal, artificial sweeteners, etc. *Natural sweeteners such as honey, black-strap molasses, maple syrup, or stevia do not count <u>unless</u> 25g or 6 teaspoons are exceeded in one day. </div>								
15	Did you eat <u>any</u> fried foods? <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> - fried foods include french fries, chips, doughnuts, breaded & fried meats, vegetables, cheeses, tempuras, etc. *Sautéed foods are not considered fried. </div>								
Bonus	Did you eat <u>anything</u> today on your FOOD AVOIDANCE LIST? <div style="border: 1px solid black; padding: 2px; margin-top: 5px;"> - only applicable if you have been given a Food Avoidance List! </div>								
PAGE 1 TOTALS									
PAGE 2 TOTALS									
ADD		60	60	60	60	60	60	60	
DAILY TOTALS									
DAILY NUTRITION GRADES									

***GOOD NUTRITION IS NOT ABOUT PERFECTION! IT IS ABOUT FINDING BALANCE IN BUILDING STEADY HABITS FOR YOUR HEALTH WHILE FINDING SPACE FOR THE THINGS YOU ENJOY MOST. IT IS ALSO ABOUT CONSISTENCY — NOT JUST YOUR BEST OR YOUR WORST DAY, BUT HOW YOUR CHOICES AVERAGE OUT AND WHAT YOU CAN SUSTAIN OVER TIME. THE GOAL IS TO LIVE AT 80 POINTS OR HIGHER, BUT ANY IMPROVEMENT IS WORTH CELEBRATING, REGARDLESS OF THE NUMBER!**

**not intended for use as a diagnostic or prescription tool