



# 4Leaf Survey

## Weekly Tracking Form

(For use with the Daily Reporting Version of the 4Leaf Survey)

Name		Week Beginning	
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*Tally servings throughout the day. Enter daily points by question. Use net points to compute score.*

	<b>Survey Questions</b>	Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>1</b>	<b>Fresh fruit</b>							
<b>2</b>	<b>Whole veggies</b>							
<b>3</b>	<b>Grains, beans, potatoes</b>							
<b>4</b>	<b>Omega-3s</b>							
	<b>Total Positive (+)</b>							
<b>5</b>	<b>Dairy foods</b> <small>(cheese, ice cream, yogurt)</small>							
<b>6</b>	<b>Eggs</b> <small>(or foods containing eggs)</small>							
<b>7</b>	<b>Dairy milk, cream</b>							
<b>8</b>	<b>Added Sugar</b>							
<b>9</b>	<b>White flour</b> <small>(cakes, pasta, bread, cookies)</small>							
<b>10</b>	<b>Sweet, Salty Snacks</b> <small>(candy, chips, etc.)</small>							
<b>11</b>	<b>Meat, poultry, fish</b>							
<b>12</b>	<b>Vegetable Oil</b>							
	<b>Total Negative (-)</b>							
	<b>Net Points</b>							
	<b>Daily 4Leaf Score</b>							

*Note: Notice that 4Leaf eating is not necessarily vegetarian or vegan. However, if you choose to routinely include dairy, meat, eggs, fish, oil, sugar & processed foods in your diet, you will have a difficult time reaching the 4Leaf level. We wish you the best in your pursuit of vibrant health & optimal weight. Be well, from the 4Leaf Global team. For help, tips, and recipes, visit [4leafprogram.com](http://4leafprogram.com).*