



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.

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

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.