



4Leaf Survey---Daily Reporting Version

For estimating the percent of your calories from whole plants

As you know, **4Leaf** was designed to help people everywhere leverage the simple, yet powerful, concept of maximizing the percentage of their calories from whole, plant-based foods -- still in nature's package. This survey identifies your current **4Leaf** "level" of eating. Note that even the **1Leaf** level is in the top 10%---when it comes to healthy eating. These 12 questions will give you a pretty good idea of how you can improve your score.

(Modified on 10-30-15 by J. Morris Hicks, CEO, 4Leaf Global, LLC)

Take 2 minutes, be honest, circle your answers and tally your score. (A serving = about ¼ of a plate)

1	Fresh fruit. How many servings of whole, fresh fruit did you eat today? (Fruit juice doesn't count; not a whole plant)	Zero 0	1-2 +6	3-5 +12	6+ +14
2	Whole vegetables. How many servings of whole vegetables did you eat today?	Zero 0	1-2 +6	3-5 +12	6+ +14
3	Whole grains, legumes, potatoes or other starches. How many servings of these foods did you eat today?	Zero 0	1-2 +6	3-5 +12	6+ +14
4	Omega-3s. Are you getting all you need from whole, plant-based sources like flaxseeds, walnuts, hemp & chia seeds?	No 0	Maybe 0	Not sure 0	Yes +2
5	Dairy foods. How many of your meals today included dairy foods like cheese, yogurt and ice cream? (Soy does not count)	Zero 0	1 -3	2 -5	3 -7
6	Eggs. How many of your meals today included eggs or foods that were made with eggs?	Zero 0	1 -2	2 -4	3 -6
7	Cow's milk or cream. How many times today did you <u>drink</u> them or add them to your food, like cereal, coffee, etc.?	Zero 0	1 -1	2 -3	3+ -5
8	Added Sugar. Are you really serious about eliminating added sugar at home and in food products that you buy?	You bet 0	Fairly -1	Not very -2	No -3
9	White flour. Bread, pasta, cakes, cookies, etc. How would you describe your consumption level today of these foods?	Zero 0	Light -1	Medium -3	Heavy -5
10	Sweets & Salty Snacks. How would you best describe your consumption level today of these unhealthy foods?	Minimal 0	Light -1	Medium -3	Heavy -5
11	Meat, poultry and fish. How many meals today included any animal flesh? (beef, pork, lamb, chicken, turkey or fish)	Zero 0	1 -3	2 -6	3 -10
12	Vegetable Oil. How many of your meals today included any oil, like olive, canola or coconut? (All oil is 100% fat, not whole plant)	Zero 0	1 -1	2 -2	3 -3

Subtract "negative" points from "plus" points to get Net Points. Use chart below to determine 4Leaf level.

Plus points =	Negative points =	Net Points =	4Leaf Level =
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Net Points (-44 to +44)	4Leaf Program Levels of Eating	% of Daily Calories <i>from whole plant foods</i>	Net Points (-44 to +44)	Estimated % of the population
30 to 44	4Leaf	80 to 100%	30 to 44	1% "Top 1%"
20 to 29	3Leaf*	60 to 79%	20 to 29	2% "Top 3%"
10 to 19	2Leaf	40 to 59%	10 to 19	3% "Top 6%"
0 to 9	1Leaf	20 to 39%	0 to 9	4% "Top 10%"
-1 to -20	Better than most	10 to 19%	-1 to -20	25% "Top 35%"
-21 to -44	Unhealthful Diet**	Less than 10%	-21 to -44	65% "Majority"

*If you scored 3Leaf but had "net points" of at least 24, and no more than 4 "negative" points, you are a 4Leaf-er.

**The typical Western diet --- with meat, dairy, eggs, oil, seafood and highly processed carbs at almost every meal

Notice that 4Leaf eating is not necessarily vegetarian or vegan. But 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. Wishing you the best in your pursuit of vibrant health & optimal weight. Be well, from the entire team at 4Leaf Global.