



Neil Haywood

**Morning Routine**

- ☐ Did you skip breakfast? (YES = lose 1 point, NO = lose 0 points)
- ☐ How much fat was in breakfast? (0-10g is great, 10-20g lose 1 point, 20-30g lose 2 points, over 30g lose 3 points)
- ☐ Did you have your morning snack? (NO = lose 1 point, YES = lose 0 points, UNHEALTHY SNACK = lose 2 points)

**Afternoon Routine**

- ☐ Did you skip lunch (dinner)? (YES = lose 1 point, NO = lose 0 points)
- ☐ How much fat was in your lunch? (0-10g is great, 10-20g lose 1 point, 20-30g lose 2 points, over 30g lose 3 points)
- ☐ Did you have your afternoon snack? (NO = lose 1 point, YES = lose 0 points, UNHEALTHY SNACK = lose 2 points)

**Evening Routine**

- ☐ Did you skip tea (evening meal)? (YES = lose 1 point, NO = lose 0 points)
- ☐ How much fat was in your tea? (0-10g is great, 10-20g lose 1 point, 20-30g lose 2 points, over 30g lose 3 points)
- ☐ Did you have your evening snack? (NO = **lose 0 points**, YES = lose 0 points, UNHEALTHY SNACK = lose 2 points)

**Daily Exercise**

- ☐ Mark yourself for exercise. (10-20 mins +1 point, 20-30 mins +2 points, 30-40 mins +4, 40-50 mins +5)

**Daily Alcohol / Beverages**

- ☐ How many units did you **exceed** your limit by?  
(1-2 = -1 point, 3-4 = -2 points, 4-5 = -3 points, 5 = -4 points, 6+ = -5 points )

**Your total score for today is \_\_\_\_\_ (out of 10).**

**How to score:** Add up all the scores above (your score can go into the minus values).  
Now add 5 points to get your total score. **Note:** If your score *is still* at a minus value after adding the 5 points then your total score for the day is 0.

