

## THE DAILY DIET SCORE™ (DDS)

### *Today, did I:*

1. Use the Daily Diet Score?
2. Weigh myself?
3. Eat three meals, including breakfast?
4. Halve my portions at lunch or dinner?
5. Not stuff myself at other meals?
6. Eat two servings each of fruits and vegetables?
7. Eat 1-3 servings of whole grains and one serving of nuts?
8. Take at least 20 minutes to eat each meal?
9. Exercise for 30 minutes or longer?
10. Take the stairs and/or walk whenever possible?
11. Avoid fast food, fried food, and empty snacking?
12. Avoid consuming more than one alcoholic drink?
13. Avoid eating after dinner/before bedtime?
14. Experience hunger before bedtime?
15. Speak with my confessor\*?

\*In the DDS, the “confessor” is not a member of the clergy, but someone in whom the dieter trusts and can confess her/his dietary triumphs and/or sins.

- Calculate your DDS at the end of the day.
- DDS point system: “yes” = 1 point; “no” = 0 point.
- Add up your points to get your score, and grade your behavior on the following scale:

#### DDS Grading Scale

DDS	relative weight state
≥ 13	you're losing weight
10-12	you're losing weight slowly
7-9	your weight is stable
4-6	you're slowly gaining weight
≤ 3	you're gaining weight

**Want to lose weight? RAISE YOUR SCORE.**