

Do You Eat REAL?

Complete this survey at the beginning and at the end of your 28-Day Eat REAL Challenge, as a way to measure just how much your brain has been rewired to prefer healthier foods. (Print additional copies at EatRealAmerica.com)

Start Date	End Date	Respond to the following statements with a Yes (Y) or a No (N).
Y N	Y N	My family loves roasted vegetables of all types - even broccoli, which they now call an “addictive substance.”
Y N	Y N	I enjoy a salad made with dark greens virtually every day. It’s a big deal if I run out.
Y N	Y N	I capitalize on the cholesterol-lowering benefits of canned beans - like garbanzo, pinto, black, navy, kidney, or lentils - by including them in my menu several times per week.
Y N	Y N	I’m confident cooking with quinoa, and I serve it almost as often as I do rice or potatoes.
Y N	Y N	I use my slow cooker to make weekly “two-fer” meals - a delicious entree one night, and an oh-so-easy planned-over variation another night.
Y N	Y N	I confidently serve at least two meatless meals a week that my family loves.
Y N	Y N	I add kale - raw, massaged or cooked - to a variety of dishes often. In fact, when friends ask, “Are you going to put kale in that?”, I say, “Oh kale yeah!”
Y N	Y N	I understand the profound health benefits of cabbage family (cruciferous) vegetables like broccoli, cauliflower, bok choy, kale and Brussels sprouts, and I include at least one serving of these daily.
Y N	Y N	The fish counter doesn’t intimidate me. I am comfortable buying and preparing salmon and other fish in delectable ways (that does not include commercially processed fish sticks).
Y N	Y N	I save time while boosting my family’s vegetable intake by stir-frying about once a week.
Y N	Y N	When I create pasta (or rice) dishes, I keep my veggie to pasta (or rice) ratio high (at least 2:1) to achieve optimal nutritional balance.
Y N	Y N	Pizza night at my house is rarely “order-in” or “take out,” but instead homemade with fresh ingredients on a whole-grain crust.
Y N	Y N	Avocados are something I’m comfortable buying, and I know how to whip up a simple guacamole.

Y N	Y N	EXTRA CREDIT: Overnight Oatmeal, Mini Frittatas, and Baked Oatmeal Cups are all stress-relieving breakfast saviors in my house.
Y N	Y N	EXTRA CREDIT: My slow cooker practically loads itself to produce healthy, sodium nitrate-free “lunch meat” and salad toppers.
Y N	Y N	EXTRA CREDIT: I love surprising my friends with deliciously moist “ask-for-the-recipe” chocolate cupcakes that they never ever guess contains black beans.
Total Y's	Total Y's	How do you feel about this change?

If you scored 10 or less, this book is exactly what you need to yield equal amounts of energy, health and sanity while making your entire family’s taste buds dance for joy!

If you scored 11 or more, way to go! This book will feed your passion and keep you refreshed with ideas (so you never get bored!) as you continually nourish your REAL food lifestyle!

Start Date	End Date	Rate How You Feel
		Circle the number that most accurately reflects how strongly you agree or disagree with the statement, both before and after the 28-Day Eat REAL Challenge. 1 = Strongly Disagree 5 = Strongly Agree
1 2 3 4 5	1 2 3 4 5	I have a positive and steady energy level all day.
1 2 3 4 5	1 2 3 4 5	My mood is typically positive.
1 2 3 4 5	1 2 3 4 5	I sleep well at night.
1 2 3 4 5	1 2 3 4 5	I rarely have headaches.
1 2 3 4 5	1 2 3 4 5	I have a healthy blood pressure.
1 2 3 4 5	1 2 3 4 5	I have a healthy blood cholesterol level.
1 2 3 4 5	1 2 3 4 5	I'm at a healthy weight, or it is going in the right direction.
1 2 3 4 5	1 2 3 4 5	I am more positive and less stressed about my overall health.
TOTAL	TOTAL	Add up the circled numbers in each column.
		How do you feel about this change?