

Meal Score		Walking Score	
Skipped a meal	6	1 Hour and more	6
75% Less	5	45 Minutes	5
50% Less	4	30 Minutes	4
25% Less	3	15 Minutes	1
Same as Usual	2	Didn't Walk	0
10% More	1	Prayer at Meals	
25% More	0	3 Times or More	3
Snack Score		2 Times	2
No Snacks	4	1 Time	1
1 Snack	3	No Prayer	0
2 Snacks	2	Inspirational Reading	
3 Snacks or more	0	You Read	2
Food to Avoid (FTA)		You Didn't Read	0
Ate No FTA	4	Called Best Weigh Helper	
Ate 1 FTA	2	Yes You Called	3
Ate 2 FTA	1	No Call	0
Ate 3 FTA	0		

Meal Score		Walking Score	
Skipped a meal	6	1 Hour and more	6
75% Less	5	45 Minutes	5
50% Less	4	30 Minutes	4
25% Less	3	15 Minutes	1
Same as Usual	2	Didn't Walk	0
10% More	1	Prayer at Meals	
25% More	0	3 Times or More	3
Snack Score		2 Times	2
No Snacks	4	1 Time	1
1 Snack	3	No Prayer	0
2 Snacks	2	Inspirational Reading	
3 Snacks or more	0	You Read	2
Food to Avoid (FTA)		You Didn't Read	0
Ate No FTA	4	Called Best Weigh Helper	
Ate 1 FTA	2	Yes You Called	3
Ate 2 FTA	1	No Call	0
Ate 3 FTA	0		

Meal Score		Walking Score	
Skipped a meal	6	1 Hour and more	6
75% Less	5	45 Minutes	5
50% Less	4	30 Minutes	4
25% Less	3	15 Minutes	1
Same as Usual	2	Didn't Walk	0
10% More	1	Prayer at Meals	
25% More	0	3 Times or More	3
Snack Score		2 Times	2
No Snacks	4	1 Time	1
1 Snack	3	No Prayer	0
2 Snacks	2	Inspirational Reading	
3 Snacks or more	0	You Read	2
Food to Avoid (FTA)		You Didn't Read	0
Ate No FTA	4	Called Best Weigh Helper	
Ate 1 FTA	2	Yes You Called	3
Ate 2 FTA	1	No Call	0
Ate 3 FTA	0		

Meal Score		Walking Score	
Skipped a meal	6	1 Hour and more	6
75% Less	5	45 Minutes	5
50% Less	4	30 Minutes	4
25% Less	3	15 Minutes	1
Same as Usual	2	Didn't Walk	0
10% More	1	Prayer at Meals	
25% More	0	3 Times or More	3
Snack Score		2 Times	2
No Snacks	4	1 Time	1
1 Snack	3	No Prayer	0
2 Snacks	2	Inspirational Reading	
3 Snacks or more	0	You Read	2
Food to Avoid (FTA)		You Didn't Read	0
Ate No FTA	4	Called Best Weigh Helper	
Ate 1 FTA	2	Yes You Called	3
Ate 2 FTA	1	No Call	0
Ate 3 FTA	0		