

IT'S TIME FITNESS

.....engineering the roadmap to a healthy, fit and fabulous life.

Checklist

FOOD CATEGORY		FOOD CATEGORY	
LIVING FOOD (Natural, Raw or Unprocessed Food)	Points (Total no of food in Category)	DEAD FOOD (Processed or Cooked Food)	Points (Total no of food in Category)
Fresh fruit (orange, apple, pear, berries, mango etc.)		Left-over food (cooked food, pizza, fast food, restaurant food etc.)	
Fresh vegetables (broccoli, lettuce, carrots, spinach, kale, potato, etc.)		Food Spread (ketchup, mayonnaise, peanut butter, jelly, jam etc.)	
Meat (Chicken, Sea food, Beef)		Salad Dressing	
Dairy (Milk, Eggs, Cheese, Butter)		Hot Sauce	
Fresh vegetables		Dried Fruits	
Legumes (beans, peas, lentil, raw nuts etc.)		Packaged food	
Juice and Fruit Drinks i.e. Freshly squeezed juice		Juice and Fruit Drinks i.e. packaged, bottled and canned juice	
Oatmeal**		Soft Drinks	
Water		Syrup	
Other		Pastries (donut, muffin, bagel etc.)	
		Other	
Total A =		Total B =	
Total A + Total B =			

** Oatmeal is not a perfect living food—you'd have to make your cereal from oat groats to achieve that—but it's far better than the crispy, crunchy, sugary, highly heated, desert-dry oat cereal you get out of a box

Living (%) =		Dead (%) =	
$\frac{\text{Total A}}{\text{Total A + Total B}} \times 100$		$\frac{\text{Total B}}{\text{Total A + Total B}} \times 100$	

If the percentage of Living food is relatively higher than the percentage of dead food i.e. 80% score or higher for living food then you are in a good place.

If the percentage of Living food is lower than 80% or if the percentage of Dead food is higher than the percentage of living food, read the article on [Choosing Between Living Food and Dead Food](#) on [It's Time Fitness Blog](#) to get more insight on how to improve your score.