

## In-Home Slim-by-Design Self-Assessment Scorecard

Read each of the statements below as you visualize or walk through your home. Forer each true statement, check the box in front of it. After you've completed the checklist, tally the checkmarks. This number is your Slim-by-Design Home Score. If your score is below 40, your home is working against you. If it's above 60, it's working for you.

<b>KITCHEN</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> There is no television in the kitchen.</li> <li><input type="checkbox"/> There are no comfortable, "loungable" chairs in the kitchen.</li> <li><input type="checkbox"/> Walls are painted a neutral earth tone (neither too bright nor too dark).</li> <li><input type="checkbox"/> You enter your home through a non-kitchen door (such as the front door).</li> <li><input type="checkbox"/> Counters are well organized, not cluttered.</li> <li><input type="checkbox"/> Food preparation areas are brightly lit.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> There is a blender on the counter.</li> <li><input type="checkbox"/> The toaster is not visible.</li> <li><input type="checkbox"/> There is no microwave (okay, this is hard to do).</li> <li><input type="checkbox"/> The kitchen has a floral scent.</li> <li><input type="checkbox"/> No breakfast cereal boxes are visible.</li> <li><input type="checkbox"/> Baked goods are not visible at all.</li> <li><input type="checkbox"/> A full fruit bowl IS visible.</li> <li><input type="checkbox"/> The fruit bowl contains 2 or more types of fruit.</li> <li><input type="checkbox"/> The fruit bowl is within 2 feet of the most common kitchen pathway.</li> </ul>
<b>REFRIGERATOR</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> The refrigerator door opens toward an adjacent food-preparation area.</li> <li><input type="checkbox"/> A favorite family photo is near the door handle.</li> <li><input type="checkbox"/> Precut fruit is on the center shelf.</li> <li><input type="checkbox"/> Precut vegetables are on the center shelf.</li> <li><input type="checkbox"/> Cut fruit and vegetables are bagged or in a see-through container.</li> <li><input type="checkbox"/> Less-healthy leftovers are stored in the produce drawers.</li> <li><input type="checkbox"/> The refrigerator contains at least 6 nonfat yogurts (or a high-protein alternative).</li> <li><input type="checkbox"/> Another low-calorie, high-protein snack is available (such as low-fat string cheese or sliced turkey).</li> <li><input type="checkbox"/> At least 6 eggs are available (or a high-protein alternative).</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Salad and vegetable leftovers are in transparent containers or plastic wrap.</li> <li><input type="checkbox"/> Non-vegetable leftovers are in opaque containers or aluminum foil.</li> <li><input type="checkbox"/> The healthiest snacks are on the front middle shelf.</li> <li><input type="checkbox"/> The less-healthy snacks are in the back or the lower sides.</li> <li><input type="checkbox"/> Any leftover dessert is stored in the bottom produce drawer.</li> <li><input type="checkbox"/> Non-, low-fat, or soy milk is in the refrigerator.</li> <li><input type="checkbox"/> There are no large bottles of any beverage other than milk or water.</li> <li><input type="checkbox"/> There is no more than 1 can of diet or regular soft drink per drinker.</li> <li><input type="checkbox"/> There is no more than 1 single-serve can or bottle of any fruit juice or energy drink per drinker.</li> </ul>
<b>FREEZER</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> The freezer is located on the bottom (versus the top or side).</li> <li><input type="checkbox"/> There is a working icemaker.</li> <li><input type="checkbox"/> Cut frozen fruit or vegetables are bagged or in a container.</li> <li><input type="checkbox"/> Leftover vegetable dishes are in transparent containers or plastic wrap.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Other leftovers are in opaque containers or aluminum foil.</li> <li><input type="checkbox"/> If there is ice cream, it is repackaged in an unbranded opaque container.</li> <li><input type="checkbox"/> The healthiest foods are in the front middle.</li> <li><input type="checkbox"/> Any frozen starches or leftovers are in the back or the lower sides.</li> </ul>

**CUPBOARDS**

- Less-Healthy snacks are stored together in an inconvenient "kid's cupboard."
- Food cupboards are not glass or transparent.
- The healthiest snacks are in the front middle.

- The less-healthy snacks are in the back or the lower sides.
- Oatmeal (in any form) is in the front center of the breakfast cupboard.

**DISHWARE**

- Plates are 9 or 10 inches in diameter.
- Plates have a wide, colored rim.
- Plate not white or beige.
- Plates are sectioned or divided.
- Cereal bowls are smaller than 16 ounces.

- Water glasses are 16 ounces or larger.
- Non-water glasses are tall and thin (and 12 ounces or less).
- Juice glasses are 8 ounces.

**PANTRY**

- The pantry is not located in the kitchen.
- The healthiest foods are in the front middle of the shelving.
- The ready-to-eat foods are in the back or the lower sides.

- Six or more cans of vegetables are visible.
- Six or more can of soup are visible.

**COUNTERS**

- No cookies are on the counter.
- No candy is on the counter.
- No regular soft drinks are on the counter.
- No diet soft drinks are on the counter.
- No nuts are on the counter.

- No breakfast cereal is on the counter.
- No bread is on the counter.
- No crackers or chips are on the counter.
- No other snacks are on the counter.

**DINING TABLE**

- Dinner is eaten at a kitchen or dining room table.
- If there is a television, it is turned off during mealtime.
- You use the "half-plate rule" at dinnertime
- If there are children under 12, they use smaller plates than the parents.
- If there are children under 12, they use smaller bowls than the parents.
- If there are children under 12, they use smaller glasses than the parents.
- Salad and vegetables are served first.
- Salad and vegetables are served family-style (on the table).
- No food packages (other than condiments) are on the table.
- Lights are dimmed (not at full brightness).

- Serving bowls are small enough to have to be refilled during the meal.
- The serving bowls for starches and entrees are not sitting on the table.
- The serving bowls for starches and entrees are located on the kitchen stove.
- Serving spoons are tablespoon-size or smaller.
- Serving tongs are not used.
- At least one person at the table is drinking milk.
- Everyone has a glass of water.
- All cold beverages (except water) are served in tall, narrow glasses no larger than 12 ounces.
- No soft drinks at the table.
- No wine at the table, or if it is, it's served in narrow white wine glasses.
- Soft music is played.
- Everyone stays seated until all are finished eating.

### TV ROOM

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li><input type="checkbox"/> A full glass of water or a water bottle is always within arm's reach.</li><li><input type="checkbox"/> If there are snacks, they are located at least 6 feet from the seating area.</li><li><input type="checkbox"/> Any snacks are eaten out of bowls, not in bags or original containers.</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Any snacks are eaten from small bowls, 8 ounces or less.</li><li><input type="checkbox"/> Any empty candy wrappers are left within view until snacking is through.</li><li><input type="checkbox"/> Any beverage containers – cans or bottles – are left within view.</li></ul> |
|--|--|

### HOME OFFICE or COMPUTER ROOM

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li><input type="checkbox"/> A full glass of water or a water bottle is always within arm's reach.</li><li><input type="checkbox"/> If there are snacks, they are located at least 6 feet from the seating area.</li><li><input type="checkbox"/> Any snacks are eaten out of bowls, not in bags or original containers.</li></ul> | <ul style="list-style-type: none"><li><input type="checkbox"/> Any snacks are eaten from small bowls, 8 ounces or less.</li><li><input type="checkbox"/> Any candy wrappers are left within view.</li><li><input type="checkbox"/> Any beverage containers – cans or bottles – are left within view.</li></ul> |
|--|--|

### SCORING BRACKETS

- 70 - 100 ... *Slim-by-Design Home – GOLD*
- 50 - 69 ... *Slim-by-Design Home – SILVER*
- 30 - 49 ... *Slim-by-Design Home – BRONZE*

Reference: Wansink, Brian, Ph.D., "Your Slim-for-Life Home," [Slim by Design: Mindless Eating Solutions for Everyday Life](#), 2014, Haper-Collins Publishers, New York NY, Pgs 60-63

