

Corporate Analysis of 4Leaf Dietary Scores and BMI

1,000 Employees

BMI Chart

4Leaf Scores and Estimated % of Calories from Whole Plants

Underweight: BMI is less than 18.5.

	B	C			% of Pop			
	Score	%CWP	# EMP	Factor	By Level	Avg. BMI	Factor	
UD	1	5.0	250	1250	25%	31.1	7775.0	
BTM	2	15.0	500	7500	50%	29.5	14750.0	
1L	3	25.0	150	3750	15%	27.0	4665.0	
2L	4	45.0	70	3150	7%	25.5	2065.0	
3L	5	65.0	20	1300	2%	24.0	622.0	
4L	6	85.0	10	850	1%	23.0	295.0	
					Avg. 4L			Avg. BMI
Total			1000	17800	17.8%		30172.0	30.2
What happens 1st 90 days?				50 move from UD to BTM				
				75 move from BTM to 1Leaf				
				20 move from 1Leaf to 2Leaf			145/1000 improved	

Normal weight: BMI is 18.5 to 24.9.

Overweight: BMI is 25 to 29.9.

Obese: BMI is 30 or more.



Hypothetical Results After 3 Months

4Leaf Scores and Estimated % of Calories from Whole Plants

KEY

	B	C			% of Pop			
	Score	%CWP	# EMP		By Level	Avg. BMI		
UD	1	5.0	200	1000	20%	30.0	6000.0	50 moved up from UD
BTM	2	15.0	475	7125	50%	29.0	13775.0	75 moved to 1Leaf
1L	3	25.0	205	5125	15%	26.0	5330.0	20 moved to 2Leaf
2L	4	45.0	90	4050	7%	25.5	2295.0	3L and 4L NO CH
3L	5	65.0	20	1300	2%	24.0	480.0	
4L	6	85.0	10	850	1%	23.0	230.0	
					Avg. 4L			Avg. BMI
Total			1000	19450	19.5%		28110.0	28.1
				% of calories from whole, plant-based foods				
				From 17.8% to 19.1%, a 10% improvement in just 3 months				

UD = Unhelathful Diet = 5% from WP

BTM = Better than Most = 15% from WP

1Leaf = 25% of calories from WP

2Leaf = 45% of calories from WP

3Leaf = 65% of calories from WP

5Leaf = 85% of calories from WP

BMI improved from 30.2 to 28.1; from obese to high in OW range