

HEALTHY HABITS ASSESSMENT

Circle one answer for each question. There is no right or wrong answer.

1. How many days a week do you **eat breakfast**?

- A. 7 days B. 5-6 days C. 3-4 days D. 2 days or fewer



2. How many **fruits and vegetables** do you eat in a day?

- A. 5 or more a day B. 3-4 a day C. 1-2 a day D. Usually none



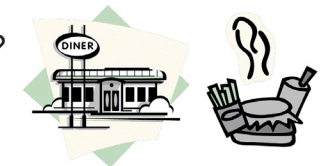
3. How often do you eat "**junk**" foods for snacks between meals?
This means chips, cakes, candy, cookies, ice cream or other similar food.

- A. Seldom or never B. A few times a week
C. 1-2 times a day D. 3 or more a day



4. How many **meals do you eat out at a restaurant or take out** each week?

- A. 1 or fewer B. 2-3 meals C. 4-6 meals D. 7 or more meals



5. How much **regular soda, sugary juice or sweetened drinks** do you drink in a day?
8 oz. equals 1 cup of Coke, Pepsi, 7UP, Gatorade, Kool-Aid, or other similar drinks.

- A. Less than 1 cup a day B. 1 cup a day C. 2-3 cups D. More than 3 cups



6. How many **alcoholic drinks** do you usually have per week?
One drink means 12 ounces of beer, 4 ounces of wine or 1 ounce of liquor.

- A. Seldom or Never B. 1-3 drinks C. 4-7 drinks D. 8 or more drinks



7. What is your **daily activity level**?

- A. Mostly resting (sleeping, lying down)
B. Mostly sitting (some standing, work at a desk job)
C. Good part of the day up and moving (walking, housecleaning, childcare)
D. Lots of physical activity (good amount of day exercising or doing physical work)



