

Personal Healthy Habit Inventory

This inventory will give a general idea of your typical eating and physical activity habits.

1. Read each statement and think about your eating and physical activity habits.
2. Place a ✓ by the words that best describe *your* habits.
3. After completing the inventory, check your score.
4. Ask others in your household to take the inventory - both adults and kids.

General Habits

I sit at a table to eat meals	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I turn off the TV during meals	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I read food labels and limit foods high in saturated fats, trans fats, and sugars	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I plan active time (physical activity)	<input type="checkbox"/> _daily	<input type="checkbox"/> _3-6 days/wk	<input type="checkbox"/> _1-2 days/wk	<input type="checkbox"/> _0 days/wk

5 A Day Fruit and Vegetable Habits

I plan meals that include different colors of fruits and veggies (red, yellow, orange, white, green, blue and purple)	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I eat at least 5 (and up to 9) servings of fruits and/or veggies a day	<input type="checkbox"/> _daily	<input type="checkbox"/> _3-6 days/wk	<input type="checkbox"/> _1-2 days/wk	<input type="checkbox"/> _0 days/wk
I buy 100% fruit juice and fresh and unsweetened fruits	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never

Snack Habits

**Include fresh fruits/veggies, lowfat dairy, lean proteins, and whole grains*

I keep a list of healthy snack choices* as a quick reminder	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I keep my favorite healthy snack choices on hand at home	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I keep my favorite healthy snack choices on hand at work	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I limit nibbling by planning and setting times for snacks	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never

Breakfast Habits

I have a plan for quick and easy breakfasts	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I regularly grocery shop for breakfast foods	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I eat breakfast	<input type="checkbox"/> _daily	<input type="checkbox"/> _3-6 days/wk	<input type="checkbox"/> _1-2 days/wk	<input type="checkbox"/> _0 days/wk
I include whole grains at breakfast	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never

Physical Activity Habits

I have less than 2 hours of TV or video game time	<input type="checkbox"/> _daily	<input type="checkbox"/> _3-6 days/wk	<input type="checkbox"/> _1-2 days/wk	<input type="checkbox"/> _0 days/wk
I have support from friends or co-workers to be active	<input type="checkbox"/> _daily	<input type="checkbox"/> _3-6 days/wk	<input type="checkbox"/> _1-2 days/wk	<input type="checkbox"/> _0 days/wk
I am physically active 30-60 minutes a day	<input type="checkbox"/> _daily	<input type="checkbox"/> _3-6 days/wk	<input type="checkbox"/> _1-2 days/wk	<input type="checkbox"/> _0 days/wk



