

*Fit & Fun Families...Start the Path***Health Care Professionals Directions**

- 1) Either in the waiting area, or while in the exam room, the parent completes the Family Habit Inventory.
- 2) Family Habit Inventory page is placed in the patient's chart.  
*Note: The inventory is a FAMILY inventory, so you may want to copy the completed inventory and place in the charts of all siblings.*
- 3) The Inventory page is quickly reviewed by a health care professional and used as:
  - a. An assessment of current habits and parent's readiness for change, in order to make referrals to a social worker, dietitian, or other health care professionals.
  - b. Talking points for discussions with the family.
  - c. A guide for providing resources in the Fit & Fun Families Tool Kit, e.g., 1 or all of the 9 Family Tip Sheets.
- 4) Progress is checked by creating a system and policy so that staff pulls the inventory from the patient chart and has the parent repeat it at an interval deemed appropriate, e.g. every 3 months, bi-annually, or annually.

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**Family Habit Inventory for Healthy Eating and Physical Activity**

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

- 1) Read each statement and think about your family’s eating and physical activity habits.
- 2) Place a check mark by the words that best describe *your* family’s habits.
- 3) After completing the Inventory, check your Fit & Fun Inventory score.

**Family General Habits**

We eat together for at least 1 meal each day	___ always	___ most of the time	___ once in a while	___ never
We turn off the TV during meals	___ always	___ most of the time	___ once in a while	___ never
We enjoy mealtimes without arguments about food	___ always	___ most of the time	___ once in a while	___ never
We plan active playtime (physical activity) together as a family	___ daily	___ 3-6 days a week	___ 1-2 days a week	___ 0 days a week

**Family 5-A-Day Fruit and Vegetable Habits**

We plan meals that include different colors of fruits and veggies (red, yellow/orange, white, green, blue/purple)	___ always	___ most of the time	___ once in a while	___ never
We eat at least 5 servings of fruits and veggies	___ daily	___ 3-6 days a week	___ 1-2 days a week	___ 0 days a week
We buy 100% fruit juice instead of high sugar fruit drinks	___ always	___ most of the time	___ once in a while	___ never

**Family Snack Habits**

We keep a list of healthy snack choices as a quick reminder	___ always	___ most of the time	___ once in a while	___ never
We keep everyone’s favorite healthy snack choices on hand	___ always	___ most of the time	___ once in a while	___ never
We set times for snacks—just like mealtimes	___ always	___ most of the time	___ once in a while	___ never

**Family Breakfast Habits**

We have a plan for quick and easy breakfasts	___ always	___ most of the time	___ once in a while	___ never
We include kids when grocery shopping for breakfast and other foods	___ always	___ most of the time	___ once in a while	___ never
We eat breakfast	___ daily	___ 3-6 days a week	___ 1-2 days a week	___ 0 days a week

**Family Active Play Habits**

We have less than 2 hours of TV or video game time per day	___ daily	___ 3-6 days a week	___ 1-2 days a week	___ 0 days a week
We have active playtime (physical activity, like walking or biking) together	___ daily	___ 3-6 days a week	___ 1-2 days a week	___ 0 days a week
Our kids have at least 60 minutes of active play per day	___ daily	___ 3-6 days a week	___ 1-2 days a week	___ 0 days a week

