

# Start the Path...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 ✓ check mark by the words that best describe *your* habits.

## 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 enjoy mealtimes	<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 servings of fruits and veggies	<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

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 choose healthier choices from vending whenever possible	<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 setting times and planning for snacks	<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 find ways to be active at work	<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	<input type="checkbox"/> _Daily	<input type="checkbox"/> _3-6 days/wk	<input type="checkbox"/> _1-2 days/wk	<input type="checkbox"/> _0 days/wk

(continued)

