Name _____

Date of Birth ____/____/____ Date ____/____/____

Health Habits Assessment & Plan

(Youth 12+)

five two one almost none

A. WHAT ARE YOUR HEALTH HABITS?

Please mark the boxes with the answers true for most days.

1. How many servings of **FRUITS AND VEGETABLES** do you eat a day?	☐ 0	☐ 1-2	☐ 3-4	☐ 5 or more
2. Outside of school, how many hours a day do you sit in front of a **SCREEN** (TV, computer, video game, phone)?	☐ 0	☐ 1-2	☐ 3-4	☐ 5 or more
3. On most days, how many hours do you spend in **ACTIVE PLAY** (fast breathing, sweating)?	☐ 0	☐ 30 minutes	☐ 1 hour	☐ 2 or more hours
4. How many servings of **SODA** or sugary drinks (fruit juice, sweet tea, sports drinks) do you drink each day? (1 serving = 6 oz. = ¾ cup = ½ can of soda)	☐ 0	☐ 1-2 (up to 1½ cups or 1 can)	☐ 3-4 (up to 3 cups or 2 cans)	☐ 5 or more
5. How many **SNACKS** like cookies, ice cream, candy or chips do you get each day?	☐ 0	☐ 1-2	☐ 3-4	☐ 5 or more
6. How many days a week do you eat **BREAKFAST**?	☐ 0	☐ 1-2	☐ 3-4	☐ 5 or more
7. How many times a week do you **EAT** a meal **AT THE TABLE**, **AT HOME WITH** your **FAMILY**?	☐ 0	☐ 1-2	☐ 3-4	☐ 5 or more
8. Do you have a **TV** in the room where you **SLEEP**?	☐ Yes	☐ No		
9. What kind of **MILK** do you drink?	☐ Whole	☐ 2%	☐ Skim or 1%	☐ Other

B. ARE YOU READY TO MAKE CHANGES?

Please circle a number.

1 2 3 — Not yet

4 5 6 7 — Thinking about it

8 9 10 — Let's go!

C. WHAT WOULD YOU LIKE TO DO?

Please mark one box and write in your goal.

☐ Eat more fruits and vegetables: _____ servings daily.

☐ Set limits on screen time: _____ hour(s)/daily.

☐ Play (sweat and breathe fast) everyday: _____ minutes.

☐ Reduce sugar-sweetened beverages: less than _____ servings a week.

☐ Other: _____

D. WHAT MIGHT MAKE IT HARD TO DO THIS?

Please write your answer on the line below.

_____

E. HOW CONFIDENT ARE YOU THAT YOU CAN MAKE CHANGES?

Please circle a number.

1 2 3 — Not confident

4 5 6 7 — Somewhat confident

8 9 10 — Very confident

Adapted by WNC Healthy Kids from NICHQ, The Nemours Foundation, and Eat Smart Move More NC