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 does your child eat a day?
   - 0
   - 1-2
   - 3-4
   - 5 or more

2. Outside of school, how many hours a day does your child 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 does your child 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) does your child drink each day?
   - 0
   - 1-2 (up to ½ 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 does your child get each day?
   - 0
   - 1-2
   - 3-4
   - 5 or more

6. How many days a week does your child eat BREAKFAST?
   - 0
   - 1-2
   - 3-4
   - 5 or more

7. How many times a week does your child EAT a meal AT THE TABLE AT HOME WITH the FAMILY?
   - 0
   - 1-2
   - 3-4
   - 5 or more

8. Does your child have a TV in the room where s/he SLEEPS?
   - Yes
   - No

9. What kind of MILK does your child drink?
   - Whole
   - 2%
   - Skim or 1%
   - Other

B. ARE YOU READY TO MAKE CHANGES?
Please circle a number.

1  2  3  4  5  6  7  8  9  10
Not yet  Thinking about it  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  4  5  6  7  8  9  10
Not confident Somewhat confident Very confident

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