



# GAUGE YOUR HEALTH

## WHAT'S YOUR EATING IMPROVEMENT FACTOR?

Determine some areas you can make healthy lifestyle improvements by completing the chart below. Make a check in the circle that BEST represents your habits over the past 2-3 weeks. Then tally up your total health points for each habit. Do you have an 'improvement factor'? (Hint: These are your low scoring areas)

7 KEY HABITS	1 POINT	3 POINTS	5 POINTS	HEALTH POINTS	GOAL
<b>EAT BREAKFAST</b> 	I do not eat breakfast <input type="radio"/>	I eat breakfast 2-3 days per week <input type="radio"/>	I eat breakfast 5 or more days per week <input type="radio"/>	_____	Jumpstart your metabolism by eating breakfast every day of the week
<b>INCORPORATE FRUITS AND VEGETABLES</b> 	I don't usually eat fruits & veggies <input type="radio"/>	I eat one fruit and one veggie daily <input type="radio"/>	I eat 5 servings of fruits & veggies daily. One serving is approximately 1 cup <input type="radio"/>	_____	Five servings of fruits and vegetables each day (or more). Choose a variety of colors. (Ex: one serving is approximately 1 cup)
<b>OPT FOR LOW-FAT DAIRY</b> 	I do not drink milk or consume dairy products <input type="radio"/>	I choose mostly regular cheeses and yogurts. I drink 2% or whole milk <input type="radio"/>	I choose skim or 1% milk. The cheeses and yogurt I eat are low-fat or fat-free <input type="radio"/>	_____	3 servings per day of fat-free or low-fat dairy. (Ex: one serving of milk is 1 cup)
<b>ENJOY HEALTHY SNACKS</b> 	I eat a lot of packaged, salty or sweet snacks that may be high in fat <input type="radio"/>	I do not snack <input type="radio"/>	I make healthy snack choices that provide nutrients such as fiber, calcium, or potassium. <input type="radio"/>	_____	Choose small snack portions that provide important nutrients for your body. (Ex: fiber, calcium, potassium, Vitamin D, etc.)
<b>CHOOSE NUTRITIOUS DRINKS</b> 	I drink sugar-sweetened beverages daily (ie: soda, Kool-Aid, energy drinks) <input type="radio"/>	I drink sugar-sweetened beverages 3-5 days per week <input type="radio"/>	I mostly drink water, low-fat/fat-free milk, or small servings of 100% fruit juice <input type="radio"/>	_____	Water is calorie-free and important for your body. Low-fat/fat-free milk provides important nutrients like calcium and vitamin D.
<b>EAT AT HOME/LIMIT DINING OUT</b> 	I eat in restaurants or from fast food places daily <input type="radio"/>	I eat in restaurants or at fast food places 3-5 days/week <input type="radio"/>	I rarely eat out and usually eat at home or bring food from home <input type="radio"/>	_____	Eat in restaurants or at fast food places 0-2 times per week. Try to make healthy choices when dining out.
<b>ENERGY BALANCE/PHYSICAL ACTIVITY</b> 	I rarely do purposeful physical activity such as running or walking <input type="radio"/>	I spend at least 30 min doing physical activity 3-4 days per week <input type="radio"/>	I spend at least 30 min doing physical activity 5 or more days/week <input type="radio"/>	_____	It is important to have daily, purposeful physical activity. Aim for 30 minutes of moderate physical activity each day (ten minutes at a time is fine).

**HOW DID YOU DO?** The more points you received the better your habits represent a healthy lifestyle.

**28-35 POINTS:** Outstanding! Most of your habits help keep you on the path of good health and nutrition. Is there an area where you can improve?

**20-27 POINTS:** Pretty good! Your improvement factor may be any of the areas where you didn't score a 5. Choose one thing to improve.

**19 OR LESS POINTS:** Definitely room to improve! Pick the low scoring habit that would be easiest for you to improve. Start by making a small change there.