

Personal Healthy Habit Inventory



Start on the path to better health by taking an inventory of your eating and physical activity habits.

Use the following pages as a tool to check your habits for:

- General activities
- Eating fruits and vegetables
- Snacking
- Breakfast
- Physical activity
- Drinks

At the end, you'll get a score to see how your healthy habits measure up.

Personal Healthy Habit Inventory for Eating and Physical Activity

Complete each section on the chart below. Read each statement carefully, think truthfully about your own personal habits and choose the words that best describe you. When you're done, check your score.

Laying the Groundwork: 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 when I eat.	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I read food labels and limit foods high in saturated fats, trans fats and sugars.	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I take fruit, water and other healthy foods with me when I travel.	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I'm comfortable preparing healthy meals, even when I don't have much time.	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
When I eat fast food, I pick lower fat and lower sugar items.	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
I make time to exercise.	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never
Colorful Plates: Fruit and Vegetable Habits				
My meals include different color fruits and vegetables, like red, yellow, orange, green, blue, purple and white.	<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 two servings of fruit and at least three servings of vegetables every day.	<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 Attacks: Snacking 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 plan my snacks in advance and only snack at certain times.	<input type="checkbox"/> _always	<input type="checkbox"/> _most of the time	<input type="checkbox"/> _once in a while	<input type="checkbox"/> _never



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