



Check My Habits: Adults

| Check My Habits: Food | Rarely/Never | Sometimes | Almost Always | I Want to Work on This |
|---|--------------|-----------|---------------|------------------------|
| I eat 5 to 9+ servings of vegetables and fruit per day. | | | | |
| I eat whole grains instead of refined (white) grains. | | | | |
| I fill my plate with ½ vegetables, ¼ whole grain, and ¼ protein (Healthy Plate Method). | | | | |
| I avoid sweetened beverages (juice, soda, flavored milk and coffee drinks). | | | | |
| I don't skip meals or let myself get overly hungry. | | | | |
| I read food labels. | | | | |
| I'm familiar with recommended portion sizes. | | | | |
| I avoid foods high in saturated and trans fats (fried foods, processed meats). | | | | |
| I avoid foods high in added sugar. | | | | |
| I avoid highly processed foods (chips, sodas, sweets, "junk food"). | | | | |
| I choose vegetables and fruit as a snack. | | | | |
| Check My Habits: Exercise | | | | |
| I get at least 30 minutes of moderate-to-vigorous exercise most days of the week. | | | | |
| I use a pedometer or other fitness devices to track my steps. | | | | |
| I do strength training at least twice a week. | | | | |
| I take the stairs instead of the elevator. | | | | |
| I walk during my breaks at work. | | | | |
| I add activity into my day (like parking further from my destination). | | | | |
| I exercise while watching TV. | | | | |
| I take frequent breaks when working at my desk to get up and move. | | | | |
| Check My Habits: Behavior | | | | |
| I track my daily food and exercise on paper or with an app. | | | | |
| I get at least 7 hours of sleep per night. | | | | |
| I'm able to manage stress in my life. | | | | |
| I limit my recreational screen time to 2 hours a day or less (TV, computer, tablet, smartphone, video games). | | | | |
| I don't eat while watching TV. | | | | |
| I plan my meals and snacks in advance. | | | | |



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| I have alternatives for outdoor exercise during bad weather (go to the gym). | | | | |
| I eat mindfully (slowly, without distractions, enjoying my food). | | | | |
| I'm in touch with my body's sensations of hunger and fullness. | | | | |
| I handle emotions and stress without turning to food. | | | | |
| Check My Environment | | | | |
| My home is stocked with healthy foods. | | | | |
| My "trigger" foods are limited or removed. | | | | |
| I have what I need to exercise safely and comfortably (shoes, equipment, location). | | | | |
| I have people in my life who support my efforts to be healthy. | | | | |
| I have considered what might hold me back and made plans to address it. | | | | |
| I know where to get quick, healthy food options when I need something fast. | | | | |
| My schedule allows me some time for myself (exercise, relaxation, fun). | | | | |
| I use an alarm clock instead of my phone clock to wake me up in the morning. | | | | |
| I limit my screen use (TV, smartphone, tablet, computer) in my bedroom. | | | | |
| Check My Mindset | | | | |
| I'm looking for a lifestyle change. | | | | |
| I want to improve my health. | | | | |
| I think positively about myself and my health goals. | | | | |
| I find ways to make eating healthy fun and enjoyable. | | | | |
| I find ways to make exercise fun and enjoyable. | | | | |
| I'm in touch with, and often remind myself of, the reasons I want to make lifestyle changes. | | | | |