



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.				