



Check My Habits: Families

Check My Habits: Food	Rarely/Never	Sometimes	Almost Always	I Want to Work on This
My family eats 5 to 9+ servings of vegetables and fruit per day.				
I serve my family whole grains instead of refined (white) grains.				
I fill my family's plates with ½ vegetables, ¼ whole grain, and ¼ protein (Healthy Plate Method).				
I let my child pick out fruits and vegetables at the store.				
My family eats home-cooked meals, including breakfast, whenever possible.				
I use the traffic-light food system with my children.				
I read food labels.				
I'm familiar with suggested portion sizes for me and my family.				
I avoid serving my family sweetened drinks (juice, soda, flavored milk and coffee drinks).				
I avoid serving my family highly processed foods (chips, sodas, sweets, "junk food").				
I choose vegetables and fruit as a snack for my family.				
I avoid serving my family foods high in added sugar.				
Check My Habits: Exercise				
My children get at least 60 minutes of physical activity every day.				
My family uses pedometers or other fitness devices to track our steps.				
Check My Habits: Behavior				
My family follows regular bedtimes and wake times, even on weekends.				
My children get 8 to 10 hours of sleep per night.				
I limit my family's recreational screen time to 2 hours a day or less (TV, computer, tablet, smartphone, video games).				
My family doesn't eat while watching TV.				
I plan my family's meals and snacks in advance.				



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Check My Habits: Behavior	Rarely/Never	Sometimes	Almost Always	I Want to Work on This
I choose nonfood rewards for my children, such as family activity time, stickers, or verbal praise.				
I model positive behaviors for my family like exercising, avoiding chips and soda, and limiting my screen time.				
I encourage my family to think about how they're feeling before they eat to avoid emotional eating.				
Check My Environment				
My home is stocked with healthy foods.				
I keep quick healthy food options available for when my children need something fast.				
I have what my children need to play or exercise safely and comfortably (shoes, equipment, location).				
I have people in my life who support my family's efforts to be healthy.				
I don't allow food or snacks in the bedroom.				
I limit (or don't allow) screen use (TV, computers, tablets, smartphones) in the bedroom.				
My family doesn't use screens (TV, smartphone, tablet, computer) during mealtime.				
I don't allow a TV, smartphone, tablet, or computer when my children are doing their homework, unless necessary.				
Check My Mindset				
I'm looking for a lifestyle change.				
I want to improve my family's health.				
I help my children create and maintain healthy lifestyle habits.				
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 for my family.				

HEALTH EDUCATION

Some photos may include models and not actual patients.
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