Healthy Habits Quiz

Please circle yes (Y), no (N) or sometimes (S) to the following questions:

Y  N  S  Eat meals together at least once a day?
Y  N  S  Create a shopping list to plan meals and snacks ahead of time?
Y  N  S  Tailor portion sizes to each person’s needs?
Y  N  S  Eat three meals per day?
Y  N  S  Make meals last more than 15 minutes?
Y  N  S  Eat only in designated areas of the house with minimal distraction?
Y  N  S  Avoid using food as a reward for good behavior?
Y  N  S  Avoid having a TV or a computer in the bedroom?
Y  N  S  Limit screen time for leisure activities (computer, smart phone, TV, video games) to 2 hours each day?
Y  N  S  Avoid keeping snacks such as chips, cookies, sweet drinks in your home on a regular basis?
Y  N  S  Keep fresh fruits and vegetables readily available for daily consumption?
Y  N  S  Feel confident that you can be healthier by improving your eating habits?

Total your points: Yes - 2 points, Sometimes - 1 point, No - 0 points

My total score is ______________.

If your total score is:

• 20-24  Your family is on the right track. Good job and keep it up!
• 13-19  Your family is doing well, but could improve in areas marked “no or sometimes.”
• 12 or less  Your family needs to work together to help improve eating habits and health