

HEALTHY HABITS SELF-ASSESSMENT

Healthy Habit	Always	Most of the time	Rarely	Never
Eat vegetables (not including potatoes) and or salad with at least two meals a day				
Eat a minimum of 2 servings of fruit a day				
Choose whole grains and limit refined carbohydrates (white bread, white rice and sweetened cereals)				
Use lower fat cooking method like roasting, grilling, poaching or boiling				
Trim visible fat from meat and remove skin from chicken before cooking				
Eat fish or seafood at least twice a week (not fried)				
Limit alcohol intake according to recommended health guidelines (2 drinks / day for men & 1 drink / day for women)				
Limit or avoid adding salt when seasoning food				
Keep caffeine intake in moderation (no more than 2 coffees or tea per day)				
Choose reduced sodium versions of cheese, soup, crackers, and sauces				
Save sweets (chocolate, cookies, desserts) for special occasions				
Choose healthier takeout options (e.g., salads with lean protein, clear-broth soups) instead of fried food				
Eat breakfast in the morning				
Eat when you're hungry and stop when you're comfortably full				
Drink water or seltzer throughout the day and with meals instead of sweetened beverages or soda				
TOTAL				

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HOW DID YOU SCORE?

Add up the number of check marks and fill out the columns below:

Total number of ALWAYS answers: ____ x 3 = ____

Total number of MOST OF THE TIME answers: ____ x 2 = ____

Total number of RARELY answers: ____ x 1 = ____

Total number of NEVER answers: ____ x 0 = ____

37-48 points: Congratulations! You appear to be on top of things and are doing a great job supporting your health with balanced eating habits. Keep up the good work.

25-36 points: You're doing well, but there is room for improvement. Review the checklist and choose one or two small changes to focus on - such as adding more vegetables or choosing water instead of soda.

13-24 points: You have some good habits, but not enough to fully support long-term health. Try adding one new healthy habit from the list each week. Small, consistent changes can make a big difference.

0-12 points: It's time to take a closer look at your daily eating patterns. Your current habits may affect your energy levels and overall health. Start fresh by choosing one healthy habit from this list to work on each week - small steps add up.