

Lifestyle Questionnaire

Your Name: _____ Age: _____ Today's Date: _____



1. How many servings of fruits and vegetables do you have a day?

0 1-2 3-4 5+



1 small fruit = tennis ball



1c leafy greens = baseball



1/2c fruit or veg = cupcake wrapper

2. How many days a week do you eat breakfast?

0-1 2-4 5-7

3. How many times a week do you eat a home-cooked meal with your family?

0-1 2-4 5-7

4. How many days a week do you eat takeout or fast food?

0-1 2-4 5-7



5. How much screen time (TV, video games, computer, tablet, or smartphone) do you have each day (not including schoolwork)?

0-60 minutes 1-2 hours 2+ hours

6. Do you have any screens (TV, video game console, or smartphone, etc.) in your bedroom? Yes No



7. How many days a week are you physically active?

0 1-2 3-4 5+

8. How many days a week do you do physical activity that makes your heart beat faster like running or jumping rope?

0 1-2 3-4 5+



9. How many 8-ounce servings of plain water do you drink a day? _____



8 oz serving = 1 juice box

10. How many 8-ounce servings of these do you drink a day?

_____ 100% juice _____ Fruit or sports drinks
 _____ Whole milk _____ Nonfat (skim), low-fat (1%) or reduced-fat (2%) milk
 _____ Soda or punch



11. How many hours do you sleep each night?

0-6 hours 7-9 hours 10+ hours Unsure

Based on your answers, talk to your provider about any of these actions that may be helpful to you.

- Eat more fruits and vegetables
- Eat less takeout or fast food
- Drink more water
- Drink less soda, juice, or punch
- Be more active
- Spend less time on screens
- Get more sleep

5-2-1-0+10

Healthy Tips



Add veggies to foods like pasta, soups, and pizza.

Keep washed fruit on the counter to make it easier to grab and go.

Try chopped veggies with dip such as salad dressing, nut butter, or hummus.



Make meal times screen free.

Choose educational or active screen time choices.

Read a book, play with toys, or do a puzzle.



Go outside to be active! Throw a ball, go for a walk, or play tag.

Play your favorite sport.

Create a dance routine to your favorite song.



Freeze fruit with water in ice cube trays to add colors and flavor to water!

Cut juice with plain or sparkling water.

Use fun cups and straws.



Set a regular bedtime.

Avoid screens an hour before going to sleep.

Get into a bedtime routine.

For more information: www.greauxhealthy.org

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