

NAME: _____ TODAY'S DATE: _____

Please mark the response that **best** describes how you **usually** do things.

1. How many **times a day** do you eat fruit?

Examples of **fruits** are apples, bananas, oranges, grapes, raisins, melons, and berries. Include fresh, frozen, dried, or canned fruit. **Do not include juice.**

- | | |
|--|--|
| <input type="checkbox"/> I rarely eat fruit | <input type="checkbox"/> 2 times a day |
| <input type="checkbox"/> Less than 1 time a day
(a couple times a week) | <input type="checkbox"/> 3 times a day |
| <input type="checkbox"/> 1 time a day | <input type="checkbox"/> 4 or more times a day |

2. How many **times a day** do you eat vegetables?

Examples of **vegetables** are green salad, corn, green beans, carrots, potatoes, greens, and squash. Include fresh, canned, and frozen vegetables. **Do not count french fries, potato chips, or rice.**

- | | |
|--|--|
| <input type="checkbox"/> I rarely eat vegetables | <input type="checkbox"/> 2 times a day |
| <input type="checkbox"/> Less than 1 time a day
(a couple times a week) | <input type="checkbox"/> 3 times a day |
| <input type="checkbox"/> 1 time a day | <input type="checkbox"/> 4 or more times a day |

3. Over the last week, **how many days** did you eat red and orange vegetables?

Examples of **red or orange vegetables** are tomatoes, red peppers, carrots, sweet potatoes, winter squash, and pumpkin.

- | | |
|--|---|
| <input type="checkbox"/> I did not eat red and orange vegetables | <input type="checkbox"/> 4 days a week |
| <input type="checkbox"/> 1 day a week | <input type="checkbox"/> 5 days a week |
| <input type="checkbox"/> 2 days a week | <input type="checkbox"/> 6 or 7 days a week |
| <input type="checkbox"/> 3 days a week | |

4. Over the last week, **how many days** did you eat dark green vegetables?

Examples of **dark green vegetables** are broccoli, spinach, dark green lettuce, turnip greens, or mustard greens.

- | | |
|--|---|
| <input type="checkbox"/> I did not eat dark green vegetables | <input type="checkbox"/> 4 days a week |
| <input type="checkbox"/> 1 day a week | <input type="checkbox"/> 5 days a week |
| <input type="checkbox"/> 2 days a week | <input type="checkbox"/> 6 or 7 days a week |
| <input type="checkbox"/> 3 days a week | |

5. How often do you drink regular sodas (not diet)?

- | | |
|---|--|
| <input type="checkbox"/> Never | <input type="checkbox"/> 2 times a day |
| <input type="checkbox"/> 1-3 times a week | <input type="checkbox"/> 3 times a day |
| <input type="checkbox"/> 4-6 times a week | <input type="checkbox"/> 4 or more times a day |
| <input type="checkbox"/> 1 time a day | |

6. How often do you drink fruit punch, fruit drinks, sweet tea, or sports drinks?

- | | |
|---|--|
| <input type="checkbox"/> Never | <input type="checkbox"/> 2 times a day |
| <input type="checkbox"/> 1-3 times a week | <input type="checkbox"/> 3 times a day |
| <input type="checkbox"/> 4-6 times a week | <input type="checkbox"/> 4 or more times a day |
| <input type="checkbox"/> 1 time a day | |

7. In the past week, **how many days** did you exercise for at least 30 minutes?

This includes things like jogging, playing soccer, and doing fitness or dance classes or exercise videos. **This 30 minutes could be all at once or 10 minutes or more at a time.** **Do not count housework, taking care of your kids, or walking from place to place.**

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 0 days | <input type="checkbox"/> 4 days |
| <input type="checkbox"/> 1 day | <input type="checkbox"/> 5 days |
| <input type="checkbox"/> 2 days | <input type="checkbox"/> 6 days |
| <input type="checkbox"/> 3 days | <input type="checkbox"/> 7 days |

8. In the past week, **how many days** did you do workouts to build and strengthen your muscles?

This includes things like lifting weights and doing push-ups, sit-ups, or planks.

- | | |
|---------------------------------|---------------------------------|
| <input type="checkbox"/> 0 days | <input type="checkbox"/> 4 days |
| <input type="checkbox"/> 1 day | <input type="checkbox"/> 5 days |
| <input type="checkbox"/> 2 days | <input type="checkbox"/> 6 days |
| <input type="checkbox"/> 3 days | <input type="checkbox"/> 7 days |

9. How often do you make small changes on purpose to be more active?

This includes things like walking instead of driving, getting off the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

10. How often do you wash your hands with soap and running water before preparing food?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

11. After cutting raw meat or seafood, how often do you wash all items and surfaces that came in contact with these foods?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

12. How often do you thaw frozen food on the counter or in the sink at room temperature?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

13. How often do you use a meat thermometer to see if meat is cooked to a safe temperature?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

14. In the past month, how often did you eat less than you wanted so there would be more food for your family?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

15. In the past month, how often did you not have money or another way to get enough food for your family (such as SNAP, WIC, or a food pantry)?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

16. How many **days a week** do you cook dinner (your main meal) at home?

- I rarely cook dinner at home
- 1 day a week
- 2 days a week
- 3 days a week
- 4 days a week
- 5 days a week
- 6 or 7 days a week

17. How often do you compare food prices to save money?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

18. How often do you plan your meals before you shop for groceries?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

19. How often do you look in the refrigerator or cupboard to see what you need before you go shopping?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always

20. How often do you make a list before going shopping?

- Never
- Rarely (about 20% of the time)
- Sometimes (about 40% of the time)
- Often (about 60% of the time)
- Usually (about 80% of the time)
- Always



The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!

Revised March 2018, FCS-2248

© 2018 by the Alabama Cooperative Extension System. All rights reserved.

www.aces.edu

FOR OFFICE USE ONLY

<input type="checkbox"/> Entry	<input type="checkbox"/> Exit	ID
--------------------------------	-------------------------------	----