



GAUGE YOUR HEALTH

What's Your Eating Improvement Factor?

COUNTRYSIDE YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Determine some areas you can make healthy lifestyle improvements by completing the chart below. Make a check in the circle that BEST represents your habits over the past 2-3 weeks. Then tally up your total health points for each habit. Do you have an 'improvement factor' (Hint: These are your low scoring areas.)

7 KEY HABITS	1 POINT	3 POINTS	5 POINTS	HEALTH POINTS	GOAL
Eat Breakfast	I do not eat breakfast. <input type="radio"/>	I eat breakfast 2-3 days per week. <input type="radio"/>	I eat breakfast 5 or more days per week. <input type="radio"/>		Jumpstart your metabolism by eating breakfast every day of the week.
Incorporate Fruits and Vegetables	I don't usually eat fruits & veggies. <input type="radio"/>	I eat one fruit and one veggie daily. <input type="radio"/>	I eat 5 servings of fruits & veggies daily. One serving is approximately 1 cup. <input type="radio"/>		Five servings of fruits and vegetables each day (or more). Choose a variety of colors. (Ex: one serving is approximately 1 cup).
Choose Lean/Heart Healthy Protein Sources	I eat lots of fried meats, ribs, prime rib, hot dogs, pepperoni. <input type="radio"/>	I eat mostly grilled or baked meats. <input type="radio"/>	I always choose lean meats, such as fish, chicken, turkey, lean ground beef or heart healthy protein such as peanut butter. <input type="radio"/>		Choose lean meats or heart healthy proteins like peanut butter.
Enjoy Healthy Snacks	I eat a lot of packaged, salty or sweet snacks that may be high in fat. <input type="radio"/>	I do not snack. <input type="radio"/>	I make healthy snack choices that provide nutrients such as fiber, calcium, or potassium. <input type="radio"/>		Choose small snack portions that provide important nutrients for your body. (Ex: fiber, calcium, potassium, Vitamin D, etc).
Choose Nutritious Drinks	I drink sugar-sweetened beverages daily (i.e: soda, Kool-Aid, energy drinks). <input type="radio"/>	I drink sugar-sweetened beverages 3-5 days per week. <input type="radio"/>	I mostly drink water, low-fat/fat-free milk, or small servings of 100% fruit juice. <input type="radio"/>		Water is calorie-free and important for you body. Low-fat/fat-free milk provides important nutrients like calcium and Vitamin D.
Eat at Home/Limit Dining Out	I eat in restaurants or from fast food places daily. <input type="radio"/>	I eat in restaurants or at fast food places 3-5 days/week. <input type="radio"/>	I rarely eat out and usually eat at home or bring food from home. <input type="radio"/>		Eat in restaurants or at fast food places 0-2 times per week. Try to make healthy choices when dining out.
Energy Balance/Physical Activity	I rarely do purposeful physical activity such as running or walking. <input type="radio"/>	I spend at least 30 minutes doing physical activity 3-4 days per week. <input type="radio"/>	I spend at least 30 minutes doing physical activity 5 or more days/week. <input type="radio"/>		It is important to have daily, purposeful physical activity. Aim for 30 minutes of moderate physical activity each day (ten minutes at a time is fine).

HOW DID YOU DO? The more points you received the better your habits represent a healthy lifestyle.

28-35 POINTS: Outstanding! Most of your habits help keep you on the path of good health and nutrition. Is there an area where you can improve?

20-27 POINTS: Pretty good! Your improvement factor may be any of the areas where you didn't score a 5. Choose one thing to improve.

19 OR LESS POINTS: Definitely room to improve! Pick the low scoring habit that would be easiest for you to improve. Start by making a small change there.