Healthy Habits

We are interested in the health and well-being of all our employees. Please take a moment to answer these questions.

Your Name: ___________________________________________  Today’s Date: _______________________________________

1. How many days each week are you physically active? ____________________________________________________

2. On those days, how many minutes are you usually active? ________________________________________________

3. How often do you eat while you are doing other things? 
   (for example, using the phone or computer, watching TV, reading a book)
   □ Never    □ Some of the time    □ Most of the time    □ Always

4. How many fruits and vegetables do you eat each day? ____________________________________________________

5. How many times a week do you eat takeout and fast food? ________________________________________________

6. How many of these drinks do you usually have each day?
   _____ Water    _____ Coffee    _____ Soda    _____ Sports drinks
   _____ Juice    _____ Energy drinks    _____ Alcohol    _____ Other

7. How many hours of sleep do you usually get each night? ________________________________________________

8. How often do you feel rested when you get up in the morning?
   □ Never    □ Some of the time    □ Most of the time    □ Always

9. How often do you feel that you manage your stress in a healthy way?
   □ Never    □ Some of the time    □ Most of the time    □ Always

10. **Is there one thing you would like to do to be healthier?**
    □ Move more    □ Eat more real foods    □ Drink more water    □ Get better rest    □ Other ___________

*Turn this over for Small Steps to get started toward your goal.*
<table>
<thead>
<tr>
<th><strong>Move More</strong></th>
<th><strong>Sit less</strong> — for every hour that you sit, move for 3 minutes.</th>
<th><strong>Move for 30 minutes each day. It's ok to break it into small amounts — 10 minutes, 3 times a day.</strong></th>
<th><strong>Count your minutes — aim to get at least 150 minutes every week.</strong></th>
<th><strong>Make it fun. Walk with a friend, co-worker or a dog.</strong></th>
<th><strong>Take the stairs. You can use them in any kind of weather.</strong></th>
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<tbody>
<tr>
<td><strong>Eat Real</strong></td>
<td>Choose foods in their natural form. Eat less packaged food.</td>
<td>Check labels and choose foods without sugar in the first 3 ingredients.</td>
<td>Add fiber. Fill half your plate with vegetables and fruits at every meal.</td>
<td>Cut down on portions. Serve food on smaller plates.</td>
<td>Enjoy your food. Eat slowly. Pause before each bite. Stop before you’re full.</td>
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<tr>
<td><strong>Rest Up</strong></td>
<td>Try to get 7–9 hours of sleep every night.</td>
<td>Go to bed and wake up at the same time every day. You’ll sleep better.</td>
<td>Unplug. Turn off the TV and mobile devices at least one hour before you go to sleep.</td>
<td>Follow the same bedtime routine every night.</td>
<td>Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.</td>
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