

WEIGHT...What are you doing about yours?

Your Eating Habits	Your Activity Habits	Your Food Choices
<p>Do you usually... YES NO</p> <ul style="list-style-type: none"> • Skip meals and eat on the run? <input type="checkbox"/> <input type="checkbox"/> • Snack in the evening? <input type="checkbox"/> <input type="checkbox"/> • Eat while doing other things? <input type="checkbox"/> <input type="checkbox"/> • Eat when you feel strong emotions? <input type="checkbox"/> <input type="checkbox"/> • Eat whenever someone offers you food? <input type="checkbox"/> <input type="checkbox"/> <p>Total # of YES responses: _____</p>	<p>Do you usually... YES NO</p> <ul style="list-style-type: none"> • Take the elevator/escalator? <input type="checkbox"/> <input type="checkbox"/> • Spend your free time watching TV? <input type="checkbox"/> <input type="checkbox"/> • Find exercise boring? <input type="checkbox"/> <input type="checkbox"/> • Skip exercise for lack of time? <input type="checkbox"/> <input type="checkbox"/> • Ride instead of walk? <input type="checkbox"/> <input type="checkbox"/> <p>Total # of YES responses: _____</p>	<p>Do you often eat... YES NO</p> <ul style="list-style-type: none"> • Luncheon meat, bacon, and sausage? <input type="checkbox"/> <input type="checkbox"/> • Fast Foods? <input type="checkbox"/> <input type="checkbox"/> • Candy, cookies, cake, and pastries? <input type="checkbox"/> <input type="checkbox"/> • Regular soda (not diet)? <input type="checkbox"/> <input type="checkbox"/> • Second helpings? <input type="checkbox"/> <input type="checkbox"/> <p>Total # of YES responses: _____</p>
<p>Score</p> <p>4 - 5 YES responses You are at high risk for weight gain.</p> <p>2 - 3 YES responses Some of your food choices can contribute to weight gain.</p> <p>0 - 1 YES responses Your food choices are not likely to lead to a weight problem.</p> <p>NOTE: Too many calories from fats and sugars may add unwanted pounds and lead to other health problems. Limiting these "empty calorie" foods is wise.</p>	<p>Score</p> <p>4 - 5 YES responses You are at high risk for weight gain.</p> <p>2 - 3 YES responses Your activity level may not be high enough to prevent overweight.</p> <p>0 - 1 YES responses Your exercise habits should help you prevent weight gain.</p> <p>NOTE: People who don't exercise regularly are more likely to have a weight problem. Select an exercise program safe for your age and weight.</p>	<p>Score</p> <p>4 - 5 YES responses Your habits are likely to cause overweight.</p> <p>2 - 3 YES responses Some of your habits may lead to overweight.</p> <p>0 - 1 YES responses Your habits are not likely to lead to overweight.</p> <p>NOTE: Look at WHEN and WHERE you eat, not just at what you eat.</p>

