Let’s Go! Small Steps 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 a week do you do physical activity that makes your heart beat faster? ________________

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, being in the car)
   □ Never □ Some of the time □ Most of the time □ Always

4. How many servings of fruits and vegetables do you eat each day? ________________________
   One serving = ½ cup of fruit (the size of a fruit cup), a piece of fruit the size of a tennis ball, or 1 cup of leafy greens (a small salad).

5. How many times a week do you eat takeout or 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 do you usually sleep 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. Based on your answers, is there ONE thing you would like to work on?
    □ Move more □ Get more exercise □ Eat more fruits and vegetables □ Eat less takeout/fast food
    □ Practice more mindful eating (not doing other things while eating) □ Drink more water
    □ Drink less coffee, soda, sports drinks, alcohol □ Get better rest (7-9 hours/night)
    □ Work on healthy stress reduction □ Other ____________________________

How ready are you to make a change? Not Ready 1 2 3 4 5 6 7 8 9 Very Ready

Turn this over for Small Steps to get started.
When it comes to your health, *small steps go far!*

| Move More | Sit less — for every hour that you sit, move for 3 minutes. | Move for 30 minutes each day. It’s ok to break it into small amounts — 10 minutes, 3 times a day. | Count your minutes — aim to get at least 150 minutes every week. | Make it fun. Walk with a friend, co-worker or a dog. | Take the stairs. You can use them in any kind of weather. |
|-----------|----------------------------------------------------------|-----------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------|
| Eat Real  | Choose foods in their natural form. Eat less packaged food. | Check ingredient labels. Choose foods that don’t have sugar as one of the first 3 ingredients. | Add fiber. Fill half your plate with vegetables and fruits at every meal. | Aim for 2 ½ cups of vegetables and 2 cups of fruit each day. | Cut down on portions. Serve food on smaller plates. Enjoy your food. Eat slowly. Pause before each bite. |
| Rest Up   | Try to get 7–9 hours of sleep every night. | Follow the same bedtime routine every night. | Unplug. Turn off the TV and mobile devices at least one hour before you go to sleep. | Practice gratitude. Before bed think of 3 things you were thankful for that day. | Find time to relax. Take 10 minutes a day of quiet time to refocus and energize. |