Healthy Habits During Pregnancy

Healthy eating and physical activity are important for the well-being of you and your baby. Please take a moment to answer these questions.

1. How many days a week are you usually active?

2. What kinds of exercise or activity do you enjoy?

3. How comfortable would you be continuing or increasing your level of activity?
   □ Very Comfortable  □ Somewhat comfortable  □ Not comfortable  □ Not sure

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 much are you eating compared to before you were pregnant?
   □ Much more  □ A little more  □ Same amount  □ A little less  □ A lot less

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

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

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 work on during your pregnancy?
    □ Move more  □ Eat more real foods  □ Drink more water  □ Get better rest  □ Other _______

Please share this form with your provider. Then take it home with you. Thank you!

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

<table>
<thead>
<tr>
<th>Move More</th>
<th>Pregnancy is a great time to explore being active! Now is the time to set healthy patterns for you and your baby.</th>
<th>For most women, it's safe to be active. Walking, swimming, fitness classes, or prenatal yoga are all good options.</th>
<th>Moving for 30 minutes on most days is good for you and your baby. You can split it up—10 minutes at a time has benefits.</th>
<th>Stay comfortable while you're active—wear loose clothing, stay out of the heat, and drink plenty of water.</th>
<th>Being active helps with some aspects of pregnancy, like constipation and leg swelling.</th>
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</thead>
<tbody>
<tr>
<td>Eat Real</td>
<td>Choose foods in their natural form. Eat less packaged food.</td>
<td>Eat a variety of fruits and veggies. It's good for you, and may even teach your baby to like different tastes!</td>
<td>If some raw vegetables bother your stomach, cook them. Try roasting, steaming, or sautéing.</td>
<td>Iron is important. Lean red meats, poultry, beans, and peas are all good sources.</td>
<td>Most women need only 300 extra calories each day during pregnancy. That's the number of calories in a piece of whole wheat toast with peanut butter and an apple.</td>
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<tr>
<td>Drink Water</td>
<td>Limit sugary drinks. Reach for water instead.</td>
<td>Eat foods with water in them like oranges, cucumbers, and watermelon.</td>
<td>If water makes you queasy, try sucking on crushed ice cubes.</td>
<td>Having constipation? Water helps to keep things moving.</td>
<td>Add flavor. Put a fruit wedge in your water. Try fresh ginger and lemon to settle your stomach!</td>
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<tr>
<td>Rest Up</td>
<td>Sleep is a priority! Try for at least 8 hours of sleep, and take short naps if you are still tired.</td>
<td>Trouble getting comfy? Try a pillow under your belly or between your legs, or a rolled-up towel behind your lower back.</td>
<td>Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.</td>
<td>For fewer nighttime trips to the bathroom, drink plenty of water during the day then cut back a few hours before bed.</td>
<td>Heartburn can be a sleep stealer. Limit fat, acid, and caffeine. Eat smaller meals and don't lie down after eating.</td>
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Gaining the right amount of weight during pregnancy is important for you and your baby. Here is your weight gain goal: _____ – _____ pounds