



Check My Habits

Check My Habits: Food	Rarely/Never	Sometimes	(Almost) Always	I Want to Work on This!
1) I eat 5–9+ servings of vegetables and fruit per day				
2) I eat whole grains instead of refined (white) grains				
3) I fill my plate with ½ vegetables, ¼ whole grain, and ¼ protein (the Plate Method)				
4) I avoid sweet beverages (juice, soda, etc)				
5) I don't skip meals or let myself get overly hungry				
6) I read food labels				
7) I am familiar with recommended portion sizes and serve myself accordingly				
8) I avoid foods high in saturated and trans fat (fried foods, processed meats, etc.)				
9) I avoid foods high in added sugar				
10) I avoid empty calorie foods (chips, sodas, sweets, “junk food”)				
11) I choose vegetables or fruit as a snack				
Check My Habits: Exercise				
1) I get at least 30 minutes of moderate-to-vigorous exercise most days of the week				
2) I use a pedometer to track my steps				
3) I do strength training at least twice a week				
4) I take the stairs instead of the elevator				
5) I walk during my breaks at work				
6) I add activity into my day (like parking further from my destination, etc.)				
7) I exercise while watching TV				
8) I take frequent breaks when working at my desk to get up and move				
Check My Habits: Behavior				
1) I track my daily food and exercise on paper or with an app				
2) I get at least 7 hours sleep per night				
3) I am able to manage stress in my life				
4) I limit my screen time				
5) I don't eat while watching TV				



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Check My Habits: Behavior	Rarely/Never	Sometimes	(Almost) Always	I Want to Work on This!
6) I plan my meals and snacks in advance				
7) I have alternatives for my exercise plans (i.e., when it's raining)				
8) I eat mindfully (slowly, without distractions, enjoying my food)				
9) I am in touch with my body's sensations of hunger and satiety (fullness)				
10) I handle emotions and stress without turning to food				
Check My Environment				
1) My home is stocked with healthy foods				
2) My "trouble" foods are limited or removed				
3) I have what I need to exercise safely and comfortably (shoes, equipment, location)				
4) I have people in my life who support my efforts to lose weight				
5) I've considered what might trip me up and made plans to address it				
6) I know where to get quick healthy food options when I need something fast				
7) My schedule allows me some time for myself (exercise, relaxation, fun)				
Check my Mindset				
1) I am looking for a lifestyle change, not a quick fix				
2) I want to improve my health, not just lose weight				
3) I think positively about myself and my weight loss goals				
4) I find ways to make eating healthy fun and enjoyable				
5) I find ways to make exercise fun and enjoyable				
6) I am in touch with, and frequently remind myself of, the true reasons I want to make lifestyle changes				