

Body Basics Lifestyle Choices Pre- and Posttest Evaluation

Check the box that describes how you feel about each statement. Please be very honest about your responses so we can better serve you. If a statement does not apply to you, or you do not understand it, skip it and go to the next question. Please choose one answer only for each question by placing an “X” in the appropriate box.

How do you feel about the following.....?

	This has not crossed my mind	I should be doing this, but do not	I am ready to do this	I do this, but not regularly	I always do this
1. Avoiding “junk” food (high fat/high calorie/low nutrient value foods)					
2. Making healthier food selections when eating out					
3. Eating at least 5 servings of fruits & vegetables daily					
4. Removing tempting snack foods from your environment					
5. Eating only when you are hungry					
6. Exercising regularly 3 or more times per week					
7. Limiting snacking in the evening					
8. Eating smaller portion sizes					
9. Writing down what you are eating daily					
10. Attending weekly weight management/wellness classes					
11. Eating meals at regular times					

How do you feel about the following.....?

	This has not crossed my mind	I should be doing this, but do not	I am ready to do this	I do this, but not regularly	I always do this
12. Having salad dressings on the side					
13. Limiting the number of fast food meals per week					
14. Keeping track of the number of servings you eat using the My Pyramid Food Guide					
15. Preparing healthy meals to help you lose weight					
16. Resisting the desire to eat when you are bored					
17. Reading food labels in order to make healthier food choices					
18. Switching to low fat frozen desserts					
19. Cutting down your intake of sweets (pastries, cookies, donuts, cake, etc.)					
20. Decreasing your intake of high fat deli meats (salami, bologna, sausage, pepperoni)					
21. Reducing your intake of regular soda					
22. Switching to a lower fat milk					
23. Using regular mayonnaise less often					

How do you feel about the following.....?

	This has not crossed my mind	I should be doing this, but do not	I am ready to do this	I do this, but not regularly	I always do this
24. Cutting back on your use of fats (oil, butter, margarine, etc.)					
25. Using a low fat salad dressing					
26. Participating in a supervised exercise program					
27. Incorporating more low fat foods in your diet					
28. Incorporating more vegetarian protein choices (beans, legumes, tofu, soy products, etc.)					
29. Cutting down your intake of candy.					
30. Limiting animal meats (chicken, fish, beef, pork) to 6 ounces per day					
31. Limiting your intake of ice cream.					
32. Managing stressful situations without turning to food for comfort					
33. Limiting your intake when eating at buffets or potlucks					
34. Avoiding “super-sized” or “combo” options at fast food restaurants					
35. Balancing food intake throughout the day with small meals/snacks					

How do you feel about the following.....?

	This has not crossed my mind	I should be doing this, but do not	I am ready to do this	I do this, but not regularly	I always do this
36. Baking, grilling, or broiling instead of frying					
37. Counting calories to manage weight					
38. Planning out meals/snacks for the week (menu planning)					
39. Finding ways to ensure you're getting at least 8 hours of sleep per night					
40. Avoiding diet plans that promise "quick fix" ideas (lose weight quickly, etc.)					