

Your name: _____

Date: _____

Please check all you or your children receive:

___WIC ___Free and Reduced Price Lunch ___SNAP (Food Stamps)

Before you took this class how many fast food meals did you eat each week? _____

How many fast food meals do you eat each week now? _____

How many servings do you eat or drink in a <u>week</u> ?	Number of Servings	
	Before I took this class	Now
Vegetables like: Salads; Fresh, canned, or frozen vegetables; Potatoes that are not fried; Dried or canned beans; Stir-fries, casseroles, or other dishes with a lot of vegetables in them.		
Dairy foods like: Milk (regular, low-fat, or skim); cheese; yogurt		
Sweetened drinks like: regular soda or pop made with sugar (not diet); sweetened fruit drinks, such as Kool-Aid® or lemonade; sweetened sports drinks or energy drinks, such as Gatorade® or Red Bull®; coffee or tea that has sugar or honey in it.		

Put an "X" over the box you choose.	Total Number of Days							
	Before I took this class							
In the past week, how many days did you exercise for at least 30 minutes? This includes things like jogging, playing soccer, and doing Zumba or exercise videos. The 30 minutes could be all at once or 10 minutes or more at a time. DO NOT COUNT housework, taking care of your kids, or walking to get from place to place.	0	1	2	3	4	5	6	7
	Now							
In the past week, how many days did you do workouts to build and strengthen your muscles? This includes things like lifting weights and doing push-ups, sit-ups or planks.	0	1	2	3	4	5	6	7
	Now							

Put an "X" over the box you choose.	Before I took this class					
	How often do you make small changes <u>on purpose</u> to be more active? This includes things like walking instead of driving, getting off the bus one stop early, doing a few minutes of exercise, or moving around instead of sitting while watching TV.	Never	Rarely - about 20% of the time	Sometimes - about 40% of the time	Often - about 60% of the time	Usually - about 80% of the time
Now						
I make healthy, good tasting, veggie dishes.	Never	Rarely	Sometimes	Often	Usually	Always
	Now					
	Never	Rarely	Sometimes	Often	Usually	Always