

## BIW4TEENS HEALTH HABITS ASSESSMENT FOR TEENS

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

Use this 1 – 2 – 3 rating scale to evaluate unhealthy habits in your life. These are habits that get the body's energy balance out of whack. The habits with "\*" are more powerful energy storing habits than others. Write the number that most closely describes the frequency of each habit as follows:

**1 ... One day or less per week    2 ... Several days per week    3 ... Most or all days per week**

*1-2 _____	DOES NOT drink milk or eat dairy products (cheese, yogurt, cottage cheese)
*3 _____	DOES NOT eat fruit
*4 _____	DOES NOT eat veggies
*5 _____	Skips breakfast
6 _____	Drinks more than 4 ounces of fruit juice per day
7 _____	Is a fast eater
8 _____	Requests second helpings on desserts and starchy foods (potatoes, pasta, rice, bread)
9 _____	Orders largest serving size at restaurants, takes large servings at home, eats more than older siblings
*10 _____	DOES NOT eat home cooked meals with family
11 _____	Eats at fast-food restaurants more than once a week
*12-14 _____	Eats more in the evening than other times during the day (i.e. largest meal eaten in the evening, eats more than one snack after school, snacks after dinner)
15 _____	Eats more than one 100-calorie snack between meals
16 _____	Eats when bored
17 _____	Eats alone
18 _____	Eats in front of television
19 _____	Sneaks or hides food
*20 _____	Drinks soda pop or sugar beverages (sports drinks, Kool-Aid, energy drinks, tea with sugar added, flavored coffee drinks, punch, fruit cocktail, etc.)
*21-22 _____	Eats high fat foods – fast foods, fried foods, breaded meat, chips, ice cream AND uses lots of butter, margarine, creamy salad dressings, and mayonnaise
23 _____	Eats junk food (candy, cookies, pastry, chips)
24 _____	When away from home, eats junk food & candy or drinks soda & sugary drinks (i.e. when running errands or traveling, hanging out with friends or participating in school activities)
25 _____	Avoids activities that involve being physically active
*25 _____	Gets less than 60 minutes of physical activity per day
*26 _____	Spends more than 2 hours a day in front of screen (television, computer, video games)
*27-28 _____	Erratic sleep schedule or goes to bed late or gets less than 8 hours of sleep per night