

Project Specific – Healthy Living

1. **Do you pay attention to how much fruit you eat each day?**
 - Yes
 - Usually
 - Not really
 - No

2. **Do you pay attention to how many vegetables you eat each day?**
 - Yes
 - Usually
 - Not really
 - No

3. **Do you pay attention to how much water you drink each day?**
 - Yes
 - Usually
 - Not really
 - No

4. **How often do you eat breakfast?**
 - Every day
 - Most days
 - Some days
 - Never

5. **Have you given your family ideas for healthy meals or snacks?**
 - Yes
 - Sort of
 - No

6. **Do you pay attention to how active you are each day?**
 - Yes
 - Usually
 - Not really
 - No

7. **Do you pay attention to how much time you spend in front of a screen (TV, computer, tablet, or smart phone)?**
 - Yes
 - Usually
 - Not really
 - No

8. **Have you encouraged others to be active with you?**
 - Yes
 - Sort of
 - No