

LIFESTYLE CHOICES

Questionnaire

Like Me	Unlike Me	Lifestyle Statements
<input type="checkbox"/>	<input type="checkbox"/>	1. When John is out with his friends and they light up, he does, too.
<input type="checkbox"/>	<input type="checkbox"/>	2. Joe feels good when he works out, but he is usually too busy.
<input type="checkbox"/>	<input type="checkbox"/>	3. When Anna comes home after school and is hungry she chooses to eat chips and candy instead of fruit and milk.
<input type="checkbox"/>	<input type="checkbox"/>	4. Sometimes when Andre is trying to impress someone, he will drive over the speed limit.
<input type="checkbox"/>	<input type="checkbox"/>	5. When Keiko is under pressure, she'll often eat sweet snacks.
<input type="checkbox"/>	<input type="checkbox"/>	6. When Ramon is going to a party, he likes to drink beer to relax.
<input type="checkbox"/>	<input type="checkbox"/>	7. Rosa is usually tired in the morning because she stays up to watch late TV shows.
<input type="checkbox"/>	<input type="checkbox"/>	8. Shawna's mom usually has three kinds of fruit available, but Shawna might eat fruit only once a week.
<input type="checkbox"/>	<input type="checkbox"/>	9. For lunch, Jake orders a burger and fries instead of a turkey sandwich and salad.
<input type="checkbox"/>	<input type="checkbox"/>	10. When Albert is thirsty, he always gets a soda and rarely drinks water.

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<input type="checkbox"/>	<input type="checkbox"/>	11. When Mary's feelings are hurt, she leaves the group to feel sorry for herself.
<input type="checkbox"/>	<input type="checkbox"/>	12. When Hank is angry he usually says things that make the situation worse.
<input type="checkbox"/>	<input type="checkbox"/>	13. Ken always wins an argument because he feels like he has to have the last word.
<input type="checkbox"/>	<input type="checkbox"/>	14. When Jackie is worried about being overweight, she takes diet pills and stops eating.
<input type="checkbox"/>	<input type="checkbox"/>	15. Andrea always tries to get out of PE because she is embarrassed about the way she looks.

Activity #1

Circle the number beside each Lifestyle Statement that is marked "Unlike Me."
Count and record your total "Unlike Me" score: _____

If your "Unlike Me" score is above 12, most of your lifestyle choices are healthy.
Now go on to activity #2 to examine the choices you may want to change.

Activity #2

Read through the "Lifestyle Statements" marked "Like Me" and identify one or two Lifestyle Choices you would like to change.

Lifestyle Choice #1 _____

Lifestyle Choice #2 _____
