



How Do We Compare?

Yes	No	Answer these questions with a “yes” or “no.”
		Did you eat fruit or drink 100% fruit juices less than one time per day during the past seven days?
		Did you eat vegetables less than one time per day during the past seven days?
		Did you drink a can, bottle, or glass of soda or pop one or more times per day during the past seven days?
		Have you gone without eating for 24 hours or more to lose weight or to keep from gaining weight during the past 30 days?
		Were you physically active for a total of at least 60 minutes per day on less than five days of the past seven days?
		Do you watch 3 hours or more of TV per day on an average school day?
		Do you use computers to play video or computer games or use a computer for something that was not school work 3 or more hours per day on an average school day?

In general, on a scale of 1 to 5 with 5 representing “excellent” and 1 representing “poor,” rate yourself.	
	How would you rate your nutritional choices?
	How would you rate your choices regarding physical activity?