

Family Lifestyle Self-Assessment

Instructions: Check the column that best describes your family’s nutrition and physical activity habits. The results are for your use only, but feel free to share the results with your healthcare provider.

	Never	Some Days	Most Days	Every Day
1. How often do you and your family eat at regularly scheduled times?				
2. How often do you sit down with other members of your family to eat dinner or supper?				
3. How often do you and your family eat less than three meals a day?				
4. How often do you try to make meal times enjoyable?				
5. How often do you and your family eat everything on your plate?				
6. How often do your meals last less than 15 minutes?				
7. How often do you eat meals in designated areas of your home?				
8. How often are your noontime meals prepared at home (including sack lunch)?				
9. How often are your evening meals prepared at home?				
10. How often do you tailor portion sizes to each person’s needs?				
11. How often do you plan snacks?				
12. How often do you use food-related rewards or punishments?				
13. How often do you and your family enjoy physical activities together?				
14. On an average school day, how often do you and your family clock more than 2 hours of TV, video, handheld game, computer or other screen-time?				
Total Points: _____ (add column subtotals)				

Scoring

For questions 1, 2, 4, 7, 8, 9, 10, 11 and 13, give yourself the following points:

Every Day = 0 pts
 Most Days = 1 pts
 Some Days = 2 pt
 Never = 3 pts

For questions 3, 5, 6, 12, and 14, give yourself the following points:

Every Day = 3 pts
 Most Days = 2 pts
 Some Days = 1 pt
 Never = 0 pts

- If your total score is 14 or lower – Your family is on the right track. Use “MyPlate for Kids” materials for additional healthy eating and physical activity ideas.
- 15-28 – Your family is doing well, but could work on areas where you scored 2 or 3 points. Use “My Plate for Kids” for additional healthy eating and physical activity ideas.
- 29-42 – Talk to your health care professional about how you and your family can improve your health habits.