Lifestyle Questionnaire
Simple-Nourished-Living.com

Food & Diet Life

1. How important is it to you to eat healthy?
   (a) ____ Very important
   (b) ____ Kind of important
   (c) ____ Not at all important

2. During the last 30 days, how often did you get your 5 daily servings of fruits and vegetables?
   (a) ____ Just about every day
   (b) ____ Occasionally
   (c) ____ Rarely

3. How often do you cook?
   (a) ____ At least 5 times a week
   (b) ____ About 2 or 3 times a week
   (c) ____ Rarely/never

4. I eat fish
   (a) ____ 2 or more times a week
   (b) ____ 1 or 2 times a month
   (c) ____ Sometimes, but only deep-fried

5. The colors of my diet can be best described as
   (a) ____ Like a rainbow with lots of colorful fruits and vegetables
   (b) ____ Like a stoplight with two or three favorite foods
   (c) ____ Like shades of beige with lots of refined carbs and starches
6. My weight over the past few years has been
   (a) _____ Pretty stable
   (b) _____ On the rise or slightly up and down
   (c) _____ Way up and down like a rollercoaster

7. When a new diet comes out
   (a) _____ I don’t even know about it or don’t consider following it for a second
   (b) _____ I read about it and maybe try it but quickly return to my old habits
   (c) _____ I become a convert and try to make it my religion

8. “Bad” foods
   (a) _____ Don’t exist in my vocabulary
   (b) _____ Can feel good but then make me feel bad about myself
   (c) _____ Are some of my best friends

9. I think about food
   (a) _____ When I am hungry
   (b) _____ When I am bored
   (c) _____ Constantly

10. I eat well during the week and by the weekend
    (a) _____ I restock with fresh foods from the grocery store
    (b) _____ I reward myself with Friday night pizza or nachos
    (c) _____ I totally lose control

**Fitness**

11. How active are you?
    (a) _____ Very active - I exercise 3-5 days a week
    (b) _____ Somewhat active - I exercise 2-3 days a week
    (c) _____ Inactive - I don’t exercise much at all
12. How often do you stretch?
   (a) ____ 3 times a week
   (b) ____ Once a week, when I remember
   (c) ____ Never

13. When was the last time you had fun during exercise?
   (a) ____ Within the past few days - I enjoy my routine
   (b) ____ Recently, playing catch with my kids or grandkids
   (c) ____ I can’t remember, it always feels like a chore to me

14. When was the last time you tried a new physical activity?
   (a) ____ In the last month
   (b) ____ In the last 6 months
   (c) ____ I can’t remember

15. How satisfied are you with the overall state of your physical body?
   (a) ____ Pretty satisfied all things considered
   (b) ____ I’d like to lose some weight and/or tone up
   (c) ____ I’d like to have a major overhaul done

Wellness

16. How often do you eat to comfort yourself or relieve stress?
   (a) ____ Rarely
   (b) ____ Sometimes
   (c) ____ Often

17. How would you describe your sleep habits?
   (a) ____ I usually feel reseted when I wake up
   (b) ____ My sleep is often restless and I wake up less than refreshed
   (c) ____ I’m tired much of the time
18. How often do you feel like you are living the life you want to?
   (a) _____ Much of the time
   (b) _____ Sometimes
   (c) _____ Almost never

19. How often do you take time to do something just for you?
   (a) _____ Every day
   (b) _____ Occasionally
   (c) _____ Seriously? I don’t have any time for myself

20. How many close friends would you say you have?
   (a) _____ Several
   (b) _____ One and I can call on her/him anytime
   (c) _____ I’m not that close to anyone

21. How much support do you have in making changes?
   (a) _____ Lots
   (b) _____ Some
   (c) _____ None

Go back and count up the number of “c” answers you’ve checked and think about the areas of your life you’d like to improve and any particular challenges you’ve identified.