

DIET/ EXERCISE CHECK LIST

EXERCISE CHECKLIST - this week did you...	WEEK			
	1	2	3	4
Exercise for at least 30 mins most days of the week?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try to avoid watching television?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try a new or different physical activity?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Use a tactic to reduce your stress?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tend to choose to take the stairs instead of an elevator or escalator?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try to walk or cycle, instead of drive or take the bus?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Track your exercise in a journal/chart/app?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tend to follow your exercise programme?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

DIET CHECKLIST - this week did you...	WEEK			
	1	2	3	4
Tend to choose vegetables and fruits as a snack?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Track what you ate in a journal/chart/app?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Try to plan your meals ahead of time?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tend to choose water over higher calorie beverages?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tend to avoid fast food and/or restaurant food?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tend to choose lean cuts of meat over higher fat cuts?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feel that you had your eating habits under control?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tend to follow your eating plan?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

0
= Not at all

1
= A little

2
= Yes

TOTAL SCORE