

## Healthy-Me Survey

Please complete the survey below.

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### *Respondent Information*

**HealthCorps ID Number (5 digit number)**

\* must provide value

**What is your preferred Email Address? (This is where we will send your Healthy-Me Snapshot.)**

**What year were you born in?**

☐ 1996 ☐ 1997 ☐ 1998 ☐ 1999 ☐ 2000 ☐ 2001 ☐ 2002 ☐ 2003 ☐ 2004 ☐ 2005

reset

**What month were you born in?**

☐ January ☐ February ☐ March ☐ April ☐ May ☐ June ☐ July ☐ August ☐ September ☐ October  
☐ November ☐ December

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**Gender**

☐ Male ☐ Female ☐ Other

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**What is your height (in feet)?**

☐ 3  
☐ 4  
☐ 5  
☐ 6  
☐ 7

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**What is your height (in inches)?**

- ☐ 0
- ☐ 1
- ☐ 2
- ☐ 3
- ☐ 4
- ☐ 5
- ☐ 6
- ☐ 7
- ☐ 8
- ☐ 9
- ☐ 10
- ☐ 11

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**What is your weight? (to the nearest pound)**

**Thinking about the past 2 weeks, which of the following fruits and vegetables have you eaten? (Select all that apply)**

- ☐ Apple
- ☐ Apricot
- ☐ Artichoke
- ☐ Asparagus
- ☐ Avocado
- ☐ Banana
- ☐ Beans
- ☐ Beets
- ☐ Bell Pepper
- ☐ Berries
- ☐ Bok choy
- ☐ Broccoli
- ☐ Brussels sprouts
- ☐ Cabbage
- ☐ Carrot
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Cherry
- ☐ Coconut
- ☐ Collard greens
- ☐ Corn
- ☐ Cucumber
- ☐ Date
- ☐ Eggplant
- ☐ Fig
- ☐ Ginger
- ☐ Grape
- ☐ Grapefruit

- ☐ Guava
- ☐ Jicama
- ☐ Kale
- ☐ Kiwi fruit
- ☐ Kumquat
- ☐ Lettuce
- ☐ Lychee
- ☐ Mandarin or Clementine or Tangelo or Tangerine
- ☐ Mango
- ☐ Melon or Cantaloupe or Watermelon
- ☐ Mushrooms
- ☐ Nectarine
- ☐ Okra
- ☐ Onion
- ☐ Orange
- ☐ Papaya
- ☐ Parsnip
- ☐ Passion fruit
- ☐ Peach
- ☐ Pear
- ☐ Peas
- ☐ Pineapple
- ☐ Plantain
- ☐ Plum or Prune
- ☐ Pomegranate
- ☐ Potato
- ☐ Pumpkin
- ☐ Radish
- ☐ Raisins
- ☐ Rhubarb
- ☐ Spinach
- ☐ Squash
- ☐ Strawberry
- ☐ Sweet potato or Yam
- ☐ Tomato
- ☐ Turnip

**How often do you eat fruits and vegetables in a typical day?**

- ☐ I eat fruits/vegetables with almost every meal.
- ☐ I eat fruits/vegetables with some of my meals.
- ☐ I eat fruits/vegetables every day or two.
- ☐ I almost never eat fruits/vegetables.

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**How many sugary drinks (soda, Arizona, sweetened iced tea, fruit punch) do you usually have in a day?**

- ☐ None, I stick to water, 100% juice, and unsweetened teas.
- ☐ I limit myself to one a day.
- ☐ Maybe a couple (2 sugary drinks a day)
- ☐ More than a few (3 or more sugary drinks a day)

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**Do you ever drink water?**

- ☐ Yes I drink a lot.
- ☐ I drink some water.
- ☐ I drink a little water.
- ☐ I don't drink water.

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**How often do exercise hard enough to sweat?**

- ☐ Every day
- ☐ Most Days (4-5 days each week)
- ☐ Some Days (1-3 days each week)
- ☐ Never

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**What's your exercise style (choose all that apply)?**

- ☐ I play sports with my friends or on a team.
- ☐ I like to lift weights, do lunges and push ups.
- ☐ I take classes like yoga, kickboxing, and cycling.
- ☐ I'm a dancer and practice a lot.
- ☐ I run. It clears my mind and keeps me fit.
- ☐ I walk a lot.
- ☐ On nice days I ride my bike.
- ☐ I chill outside with my friends.
- ☐ I try to stay fit by doing crunches or other exercizes at home while I watch TV.
- ☐ I rarely or never exercise.

**How much time do you spend on electronics (phone, tablet, computer, TV, video games/devices) on a school day?**

- ☐ None.
- ☐ About one hour
- ☐ A couple of hours (2 hours)
- ☐ Several hours a day (3 or more hours)

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**How often do you eat dinner prepared at home?**

- ☐ I eat dinner at home almost every night.
- ☐ Most nights I eat dinner at home (4-5 nights each week).
- ☐ I occasionally eat dinner at home (2-3 nights each week).
- ☐ I almost never eat dinner at home.

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**What snacks do you typically eat (choose all that apply)?**

- ☐ Fresh fruits
- ☐ Nuts or seeds
- ☐ Dried fruits like raisins
- ☐ Fresh vegetables
- ☐ Crackers or pretzels
- ☐ Yogurt
- ☐ Cereal
- ☐ Bagel
- ☐ Pizza.
- ☐ Chips
- ☐ Soda
- ☐ Candy
- ☐ Sweet bakery items (donuts, pastry, cookies)
- ☐ Other

**My typical morning meal is...**

- ☐ Most days I sit down to breakfast at home before leaving to school.
- ☐ I grab breakfast in the school cafeteria most days.
- ☐ I grab yogurt or cereal on my way to school.
- ☐ Most days I pick up a sandwich, Bacon-Egg-Cheese, or bagel at the market on the way to school.
- ☐ If anything I'll munch on a bag of chips or candy and wash it down with a soda.
- ☐ I usually pick up a donut or sweet pastry on the way to school.
- ☐ I rarely or never eat breakfast.

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**How often do you feel good about yourself?**

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Never

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**How often do you have a specific action plan to help reach your goals?**

- ☐ Always
- ☐ Often
- ☐ Sometimes
- ☐ Never

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Submit

Save & Return Later