**Health Behavior Checklist (HBCL).**

(Vickers, Conway, & Hervig, 1990)

**Wellness Maintenance and Enhancement**

1. I exercise to stay healthy.

2. I gather information on things that affect my health by watching television and reading books, newspapers, or magazine articles.

3. I see a doctor for regular checkups.

4. I see a dentist for regular checkups.

5. I discuss health with friends, neighbors, and relatives.

6. I limit my intake of foods like coffee, sugar, fats, etc.

7. I use dental floss regularly.

8. I watch my weight.

9. I take vitamins.

10. I take health food supplements (e.g. protein additives, wheat germ, bran, lecithin).

**Accident Control**

1. I keep emergency numbers near the phone.

2. I destroy old or unused medicines.

3. I have a first aid kit in my home.

4. I check the condition of electrical appliances, the car, etc. to avoid accidents.

5. I fix broken things around my home right away.

6. I learn first aid techniques.

**Traffic Risk**

1. I cross busy streets in the middle of the block.

2. I take more chances doing things than the average person.

3. I speed while driving.

4. I take chances when crossing the street.

5. I carefully obey traffic rules, so I won't have accidents. [reverse scored]

6. I cross the street against the stop light.

7. I engage in activities or hobbies where accidents are possible (e.g. motorcycle riding, skiing, using power tools, sky or skin diving, hang-gliding, etc.).

**Substance Use Risk**

1. I do not drink alcohol. [reverse scored]

2. I don't take chemical substances which might injure my health (e.g. food additives, drugs, stimulants). [reverse scored]

3. I don't smoke. [reverse scored]