

Give Yourself a Grade



Start by:

- Rating your eating habits.

On a scale of 1 to 5, where 1 is as good as they could be and 5 is as bad as it could be, give yourself a rating for your eating habits.

1	2	3	4	5
As good as they could be	Pretty good	About average	Need work	As poor as they could be

- Write the reasons why you chose that number for your eating habits.

- Next, rate your daily fruit intake and daily vegetable intake. What number would you choose?

1	2	3	4	5
As good as they could be	Pretty good	About average	Need work	As poor as they could be

- Write the reasons why you chose that number for your fruit and vegetable intake.

- Next, rate your physical activity level for most days. What number would you choose?

1	2	3	4	5
As good as they could be	Pretty good	About average	Need work	As poor as they could be

- Reflect on the reasons why you chose that number for your physical activity level.
