

Let's Go! Small Steps Healthy Habits

LET'S GO!
SMALL STEPS

We are interested in the health and well-being of all our patients. Please take a moment to answer these questions.

Your Name: _____ Today's Date: _____



1. How many days a week do you do physical activity that makes your heart beat faster? _____
2. On those days, how many minutes are you usually active? _____
3. How often do you eat while you are doing other things?
(for example, using the phone or computer, watching TV, reading a book, being in the car)
 Never Some of the time Most of the time Always



4. How many servings of fruits and vegetables do you eat each day? _____
One serving = ½ cup of fruit (the size of a fruit cup), a piece of fruit the size of a tennis ball, or 1 cup of leafy greens (a small salad).



5. How many times a week do you eat takeout or fast food? _____
6. How many of these drinks do you usually have each day?
_____ Water _____ Coffee _____ Soda _____ Sports drinks
_____ Juice _____ Energy drinks _____ Alcohol _____ Other



7. How many hours do you usually sleep each night? _____
8. How often do you feel rested when you get up in the morning?
 Never Some of the time Most of the time Always
9. How often do you feel that you manage your stress in a healthy way?
 Never Some of the time Most of the time Always

10. **Based on your answers, is there ONE thing you would like to work on?**
 Move more Get more exercise Eat more fruits and vegetables Eat less takeout/fast food
 Practice more mindful eating (not doing other things while eating) Drink more water
 Drink less coffee, soda, sports drinks, alcohol Get better rest (7-9 hours/night)
 Work on healthy stress reduction Other _____

How ready are you to make a change?



Please share this form with your provider. Then take it home with you. Thank you!

Turn this over for Small Steps to get started.

When it comes to your health, *small steps* go far!



Move More

it's a great way to improve your health

Sit less — for every hour that you sit, move for 3 minutes.

Move for 30 minutes each day. It's ok to break it into small amounts — 10 minutes, 3 times a day.

Count your minutes — aim to get at least 150 minutes every week.

Make it fun. Walk with a friend, co-worker or a dog.

Take the stairs. You can use them in any kind of weather.



Eat Real

foods that come from nature give you energy

Choose foods in their natural form. Eat less packaged food.

Check ingredient labels. Choose foods that don't have sugar as one of the first 3 ingredients.

Add fiber. Fill half your plate with vegetables and fruits at every meal.

Aim for 2 ½ cups of vegetables and 2 cups of fruit each day.

Cut down on portions. Serve food on smaller plates. Enjoy your food. Eat slowly. Pause before each bite.



Drink Water

it's the best choice

Keep water handy. Carry a refillable bottle.

Drink a glass of water before meals. It will help you eat less.

Add flavor. Put a fruit wedge in your water.

Make it easy to remember. Keep a pitcher of water in the refrigerator.

Limit sugary drinks. Reach for water instead.



Rest Up

Good sleep restores your body and mind

Try to get 7–9 hours of sleep every night.

Follow the same bedtime routine every night.

Unplug. Turn off the TV and mobile devices at least one hour before you go to sleep.

Practice gratitude. Before bed think of 3 things you were thankful for that day.

Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.