

Name _____
Date _____

PHYSICAL ACTIVITY AND NUTRITION BASELINE
QUESTIONNAIRE

Please read statements below. Circle the number of the statement that best describes your current level of physical activity.

"Vigorous" exercise includes activities like jogging, running, fast cycling, aerobics classes, swimming laps, singles tennis and racquetball. These types of activities make you sweat and make you feel out of breath, not including weight lifting. (Lasting at least 20 minutes).

"Moderate" exercise includes activities such as brisk walking, gardening, slow cycling, dancing, doubles tennis or hard work around the house. (Lasting at least 10 minutes).

1. I don't exercise or walk regularly now, and I don't plan to start in the near future.
2. I don't exercise or walk regularly, but I've been thinking about starting.
3. I am trying to start to exercise or walk, or I exercise or walk infrequently.
4. I'm doing moderate physical activities fewer than 5 times a week, or vigorous ones less than 3 times a week.
5. I've been doing moderate physical activities 5 or more times a week, or vigorous ones at least 3 times a week, for the last 1 to 6 months.
6. I've been doing moderate physical activities 5 or more times a week, or vigorous exercise at least 3 times a week, for 7 months or longer.

Please read statements below. Circle the number of the statement that best describes your current fruit and vegetable intake including; 100% juices, fresh, frozen and/or dried.

1. I don't eat fruits and vegetables regularly now, and I don't plan to start in the near future.
2. I don't eat fruits and vegetables regularly, but I've been thinking about starting.

3. I am trying to start to eat fruits and vegetables, or I eat fruits and vegetables infrequently.
4. I'm eating some fruits and vegetables a day (total of 2 or less).
5. I've been eating fruits and vegetables every day (total of 3-4), for the last 1 to 6 months.
6. I've been eating 5 or more fruits and vegetables every day, for 7 months or longer.

Please read statements below. Circle the number of the statement that best describes your current intake of low fat foods.

1. I don't cook, eat or purchase low fat foods now, and I don't plan to start in the near future.
2. I don't cook, eat or purchase low fat foods regularly, but I've been thinking about starting.
3. I am trying to start to cook, eat or purchase low fat foods, or I cook, eat or purchase low fat foods infrequently.
4. I'm cooking, eating or purchasing low fat foods 1-2 times a day.
5. I've been cooking, eating or purchasing low fat foods every day, for the past 1 to 6 months.
6. I've been cooking, eating or purchasing low fat foods every day, for 7 months or longer.

Please read statements below and answer accordingly.

1. About how much do you weigh without shoes?
_____ weight in pounds
2. About how tall are you without shoes?
_____ feet _____ inches
3. How much would you like to weigh?
_____ weight in pounds

4. What is your BMI?



GEORGIA DIVISION OF PUBLIC HEALTH * FAMILY HEALTH BRANCH *
NUTRITION SECTION * (404) 657-2884