access:health

Access Health Lifestyle Questionnaire

How would you currently rate your health on a scale of 1-10, with 1 representing poorest health, and 10 representing optimal health (check box to the left of your answer)?

☐ **1** ☐ **2** ☐ **3** ☐ **4** ☐ **5** ☐ **6** ☐ **7** ☐ **8** ☐ **9** ☐ **10**

poorest health optimal health

How many times do you eat out in an average one-week period, including fast food?____

For the following, write your answer in the blank to the left of each question:

_____ It is important to watch what I eat and try to improve my nutrition.
1 = strongly agree, **2** = somewhat agree, **3** = not sure, **4** = somewhat disagree, **5** = strongly disagree

_____ It is important to maintain a healthy weight.
1 = strongly agree, **2** = somewhat agree, **3** = not sure, **4** = somewhat disagree, **5** = strongly disagree

_____ People should try to be healthy, but it is not realistic for me.
1 = strongly agree, **2** = somewhat agree, **3** = not sure, **4** = somewhat disagree, **5** = strongly disagree

_____ Learning to manage stress is important to your health.
1 = strongly agree, **2** = somewhat agree, **3** = not sure, **4** = somewhat disagree, **5** = strongly disagree

_____ It is up to me to actively try to improve my health on a daily basis.
1 = strongly agree, **2** = somewhat agree, **3** = not sure, **4** = somewhat disagree, **5** = strongly disagree

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***For the following, indicate the frequency with which you engage in each behavior by checking the box to the left of your answer:**

Exercise for 20 or more minutes at least three times a week (such as brisk walking, bicycling, aerobic dancing, using a stair climber).

◯ Never ◯ Sometimes ◯ Often ◯ Routinely

Take some time for myself each day.

◯ Never ◯ Sometimes ◯ Often ◯ Routinely

Take part in leisure-time (recreational) physical activities such as swimming, dancing, bicycling.

◯ Never ◯ Sometimes ◯ Often ◯ Routinely

Use specific methods to control my stress.

◯ Never ◯ Sometimes ◯ Often ◯ Routinely

Take part in leisure-time activities (watching t.v., playing video games, working/playing on the computer)

◯ Never ◯ Sometimes ◯ Often ◯ Routinely

Get exercise during usual daily activities (such as walking during lunch, using stairs instead of elevators, parking car away from destination and walking).

◯ Never ◯ Sometimes ◯ Often ◯ Routinely

Balance time between work, family, and time for myself.

◯ Never ◯ Sometimes ◯ Often ◯ Routinely

Ask for information from health professionals about how to take good care of myself.

◯ Never ◯ Sometimes ◯ Often ◯ Routinely

Drink 48-64 ounces of water each day.

◯ Never ◯ Sometimes ◯ Often ◯ Routinely

*Questions in the above section were obtained from the HPLP-II (Health Promoting Lifestyle Profile II) by permission.

Member Name: _____. Date: _____.
DOB: _____. Participation Year: _____.