THRIVING CONVERSATIONS

HEALTHY HABITS IOTH-IZTH GRADES

| 1. Select how often y | ou do the following he | althy habits? | | | | | |
|----------------------------|-----------------------------|---------------|--------|--------|--|--|--|
| I eat healthy, balanced m | neals. | | | | | | |
| Never | Rarely | Sometimes | Mostly | Always | | | |
| | | | | | | | |
| I go to the doctor, dentis | t, or health clinic. | | | | | | |
| Never | Rarely | Sometimes | Mostly | Always | | | |
| | | | | | | | |
| I brush my teeth, shower | , and use deodorant every | day. | | | | | |
| Never | Rarely | Sometimes | Mostly | Always | | | |
| | | | | | | | |
| I stay away from junk foo | I stay away from junk food. | | | | | | |
| Never | Rarely | Sometimes | Mostly | Always | | | |
| | | | | | | | |
| l get enough sleep (8-9 h | nours a night). | | | | | | |
| Never | Rarely | Sometimes | Mostly | Always | | | |
| | | | | | | | |
| I sit down for a nightly d | inner with people who car | e about me. | | | | | |
| Never | Rarely | Sometimes | Mostly | Always | | | |
| | | | | | | | |



HEALTHY HABITS IOTH-I2TH GRADES

| 2. List the number of tim | es in the last 3 da | ys | | |
|--|---------------------|--------------------------|------------------------|--------------------|
| you have eaten junk food or d | rank soda. | | | |
| 0 | 1 | 2 | 3 | 4 |
| | | | | |
| you have taken caffeinated products. (i.e. coffee, coke, no- doze, red bulls, speed) | | | | |
| 0 | 1 | 2 | 3 | 4 |
| | | | | |
| 3. What types of healthy f yourself. | oods do you like | to eat? Describe a hea | thy, balanced meal you | like to make for |
| | | | | |
| | | | | |
| | | | | |
| 4. What do you like to do | for exercise and h | ow often do you do it | ? | |
| | | | | |
| | | | | |
| | | | | |
| 5. Describe any specific he | ealth or body cond | erns. (i.e. acne, diabet | es or weight) How do y | ou feel about them |
| and how do you deal w | | | | |
| | | | | |
| | | | | |
| | | | | |



| 7. Considering the health effects of drug and alcohol use, what are your boundaries? 8. Thinking about your long-term health, how would you want to improve your healthy habits today? Taking good care of your health includes: eating healthy, balanced meals; • getting regular exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. Strongly Disagree Disagree Neither Agree Strongly Agr | o. vvnat are some que: | stions about sex that | youth your age talk ab | out? | |
|--|---|--|---|----------------------|---------------|
| 8. Thinking about your long-term health, how would you want to improve your healthy habits today? Taking good care of your health includes: eating healthy, balanced meals; • getting regular exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | | | | | |
| 8. Thinking about your long-term health, how would you want to improve your healthy habits today? Taking good care of your health includes: eating healthy, balanced meals; • getting regular exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | | | | | |
| 8. Thinking about your long-term health, how would you want to improve your healthy habits today? Taking good care of your health includes: eating healthy, balanced meals; • getting regular exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | Considering the hea | alth effects of drug an | d alcohol use what ar | e vour houndaries? | |
| Taking good care of your health includes: eating healthy, balanced meals; • getting regular exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | | | a arconor ase, what ar | e your boundaries. | |
| Taking good care of your health includes: eating healthy, balanced meals; • getting regular exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | | | | | |
| Taking good care of your health includes: eating healthy, balanced meals; • getting regular exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | | | | | |
| exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | 3. Thinking about you | r long-term health, ho | w would you want to | improve your healthy | habits today? |
| exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | | | <u> </u> | | |
| exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | | | | | |
| exercise; • sleeping enough; • taking good care of your body; • avoiding unsafe behaviors and activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | | | | | |
| activities; • and going to the doctor and dentist regularly. 9. Overall, I have optimal healthy habits. | | | | | |
| | | | | | |
| Strongly Disagree Neither Agree Strongly Agr | exercise; • sleeping | enough; • taking go | ood care of your body | | |
| | exercise; • sleeping activities; • and goin | enough; • taking go | ood care of your body | | |
| | exercise; • sleeping activities; • and goir 9. Overall, I have opt | enough; • taking gong to the doctor and timal healthy habits. | ood care of your body I dentist regularly. | y; • avoiding unsafe | |
| 10. Further Reflections | exercise; • sleeping activities; • and goir 9. Overall, I have opt | enough; • taking gong to the doctor and timal healthy habits. | ood care of your body I dentist regularly. | y; • avoiding unsafe | behaviors and |
| | exercise; • sleeping activities; • and goir 9. Overall, I have opt Strongly Disagree | enough; • taking going to the doctor and timal healthy habits. Disagree | ood care of your body I dentist regularly. | y; • avoiding unsafe | behaviors and |
| | exercise; • sleeping activities; • and goir 9. Overall, I have opt Strongly Disagree | enough; • taking going to the doctor and timal healthy habits. Disagree | ood care of your body I dentist regularly. | y; • avoiding unsafe | behaviors and |
| | exercise; • sleeping activities; • and goir 9. Overall, I have opt Strongly Disagree | enough; • taking going to the doctor and timal healthy habits. Disagree | ood care of your body I dentist regularly. | y; • avoiding unsafe | behaviors and |