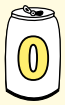
Healthy Lifestyle Screening - Adolescent Version

Name:_____ **Age:**_____

Does anyone in your family have diabetes?	❑No	❑Yes	❑Don't know	Who:_____
Does anyone in your family have high blood pressure?	❑No	❑Yes	❑Don't know	Who:_____
Has anyone in your family had a heart attack or stroke?	❑No	❑Yes	❑Don't know	Who:_____
Do you think anyone in your family is overweight (weighs more than is considered healthy)?	❑No	❑Yes	❑Don't know	Who:_____

	How many servings of fruits and vegetables do you eat?	**0-1 servings**	**2-3 servings**	**4-5 servings**	**More than 5 servings**
	In total, how many hours per day do you watch TV or movies, or play video or computer games?	**More than 4 hours**	**3-4 hours**	**1-2 hours**	**1 hour or less**
	How many days per week are you physically active for at least one hour, not including school time? (For example: walking, running, biking, swimming, playing outside, dancing, soccer, etc.)	**0-1 days**	**2-3 days**	**4-5 days**	**6-7 days**
	How many times each week does your family do something active together?	**0-1 days**	**2-3 days**	**4-5 days**	**6-7 days**
	How many times per day do you drink: juice, soda, sports drinks, energy drinks, flavored milk, lemonade, sweetened tea or coffee drinks?	**4 or more times**	**3 times**	**1-2 times**	**0 times**
OTHER	How many times each week do you eat breakfast?	**0-1 times**	**2-3 times**	**4-5 times**	**6-7 times**
	How many times a week do you eat fast food or go to a restaurant?	**6-7 times**	**4-5 times**	**2-3 times**	**0-1 times**
	How many days per week does your family eat together at the table?	**0-1 times**	**2-3 times**	**4-5 times**	**6-7 times**
	Are you having any difficulty sleeping?	**Often**	**Sometimes**	**Rarely**	**Never**
	How worried are you about your health?	**Often**	**Sometimes**	**Rarely**	**Never**
	How worried are you about your weight?	**Often**	**Sometimes**	**Rarely**	**Never**

For national recommendations, references, and additional copies of the guideline go to www.healthteamworks.org or call (303) 446-7200.
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