



Check My Habits: Teens

Check My Habits: Food	Rarely/Never	Sometimes	Almost Always	I Want to Work on This
I eat 5 to 9+ servings of vegetables and fruit per day.				
I eat whole grains instead of refined (white) grains.				
I fill my plate with ½ vegetables, ¼ whole grain, and ¼ protein (Healthy Plate Method).				
I eat home-cooked meals, including breakfast, whenever possible.				
I don't skip meals or let myself get overly hungry.				
I read food labels.				
I'm familiar with recommended portion sizes.				
I avoid sweetened beverages (juice, soda, flavored milk and coffee drinks).				
I avoid highly processed foods (chips, sodas, sweets, "junk food").				
Check My Habits: Exercise				
I get at least 60 minutes of physical activity every day.				
I use a pedometer or other fitness devices to track my steps.				
I do strength training at least twice a week.				
I take the stairs instead of the elevator.				
I exercise while watching TV.				
I take frequent breaks every 10 minutes when doing my homework to get up and move.				
I participate in after-school sports or physical activity.				
I exercise or do sports with my family and friends.				
Check My Habits: Behavior				
I follow regular bedtimes and wake times, even on weekends.				
I get 8 to 10 hours of sleep per night.				
I can manage stress in my life.				
I limit my recreational screen time to 2 hours a day or less (TV, computer, tablet, smartphone, video games).				
I don't eat while watching TV.				
I plan my meals and snacks in advance.				
I have alternatives for outdoor exercise during bad weather (go to the gym).				



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I eat mindfully (slowly, without distractions, enjoying my food).				
I'm in touch with my body's sensations of hunger and fullness.				
I handle emotions and stress without turning to food.				
I encourage my friends to do healthy behaviors with me, like choosing healthy food or playing sports.				
Check My Environment				
My home is stocked with healthy foods.				
I know where I can get quick, healthy food options when I need something fast.				
I have what I need to play or exercise safely and comfortably (shoes, equipment, location).				
I have people in my life who support my efforts to be healthy.				
I have considered what might hold me back and made plans to address it.				
I use an alarm clock instead of my phone clock to wake me up in the morning.				
I don't use a TV, smartphone, tablet, or computer when doing homework, unless necessary.				
I limit my screen use (TV, smartphone, tablet, computer) in my bedroom.				
My friends encourage me to do healthy behaviors with them, like choosing healthy food or playing sports.				
Check My Mindset				
I'm looking for a lifestyle change.				
I want to improve my health.				
I think positively about myself and my health goals.				
I find ways to make eating healthy fun and enjoyable.				
I find ways to make exercise fun and enjoyable.				
I'm in touch with, and often remind myself of, the reasons I want to make lifestyle changes.				

HEALTH EDUCATION

Some photos may include models and not actual patients.
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