### Healthy Eating and Active Lifestyles Questionnaire

We want to help you stay healthy while you are in Job Corps, and we have a lot of programs that will help you. Please take a few minutes and let us know about your nutrition and exercise habits. We may share this questionnaire with other people on center to help you get the most out of our program.

**Healthy Eating**

1. Which sentence best describes the way you eat? (circle one)
   1. I eat pretty healthy, including fruits and vegetables. I want to maintain my healthy diet.
   2. I really want to eat healthy. I tried to eat healthy at home, but didn’t always succeed.
   3. I’d like to eat healthy, but don’t know where to begin.
   4. I eat what tastes good. I don’t want to change the way I eat.
2. The things that have stopped me from eating healthy in the past are: (circle all that apply)
   1. I don’t like the way healthy food tastes.
   2. Healthy food is expensive.
   3. I don’t know what’s healthy and what isn’t.
   4. Unhealthy foods are really tempting.
   5. I eat a lot when I’m bored, sad, upset, stressed out, or lonely.
   6. Other:
3. I think I would eat healthy at Job Corps if: (circle all that apply)
   1. Somebody told me what foods to eat.
   2. I liked the healthy food they were serving.
   3. I will always try to eat healthy.
   4. I probably won’t eat healthy.
   5. I don’t know.

**Exercise**

1. Which sentence best describes how you feel about exercise? (circle one)
   1. I exercise a lot. I just need to be pointed to the Recreation Center.
   2. I was going to start exercising before coming to Job Corps. I would like to get started.
   3. I’d like to start exercising, but don’t know where to begin.
   4. I don’t want to exercise.
2. The things that stop me from exercising are:
3. I don’t know how to exercise.
4. I think people stare at me when I exercise.
5. I don’t like sports.
6. I haven’t had a place, like a gym, to go to exercise.
7. I think exercise is boring.
8. I don’t think I need to exercise.
9. Exercise has a lot of benefits. Circle the benefits that you think are good reasons to exercise:

Feel less stressed out

Lose weight

Avoid gaining weight  
Health (avoid diabetes, heart disease, cancer, etc.)

Feel better about the way I look

Avoid boredom

Become stronger

Quit smoking

Sleep better at night

Meet new people

1. Choose one of the following:
   1. I am not interested in meeting with anyone to talk about healthy eating or physical activity right now
   2. I have my own plan and just want to know more about what’s available at Job Corps
   3. I would like to speak with someone about how I can eat healthier and/or be more physically active