

Social/Physical Behavior
Habits Survey

1. I accumulate 30 minutes of moderate physical activity most days of the week (brisk walking, climbing the stairs, yard work, or home chores).

% Correct Pre-Test	% Correct Post-Test	% Change
87%	87%	0%

2. I do vigorous activity that elevates my heart rate for 20 minutes at least three days a week.

% Correct Pre-Test	% Correct Post-Test	% Change
56%	54%	-2%

3. I do exercises for flexibility at least three days a week.

% Correct Pre-Test	% Correct Post-Test	% Change
29%	40%	11%

4. I do exercises for muscle fitness at least two days a week.

% Correct Pre-Test	% Correct Post-Test	% Change
49%	48%	-1%

5. I select appropriate servings from the food guide pyramid each day (including 3-5 fruits and vegetables).

% Correct Pre-Test	% Correct Post-Test	% Change
25%	36%	11%

6. I do not smoke or use other tobacco products.

% Correct Pre-Test	% Correct Post-Test	% Change
76%	76%	0%

7. I have no more than 1 drink a day for a female or 2 drinks a day for a male. (A drink is equal to a 12oz beer, 4oz wine, or 1 ¼ oz hard liquor)

% Correct Pre-Test	% Correct Post-Test	% Change
67%	68%	1%

8. I take over-the-counter drugs sparingly and use them only according to directions.

% Correct Pre-Test	% Correct Post-Test	% Change
87%	83%	-4%

9. I abstain from sex or limit sexual activity to a safe partner.

% Correct Pre-Test	% Correct Post-Test	% Change
91%	88%	-3%

10. I use seat belts and adhere to the speed limit when I drive.

% Correct Pre-Test	% Correct Post-Test	% Change
77%	75%	-2%

11. I have had training to perform CPR if called on in an emergency.

% Correct Pre-Test	% Correct Post-Test	% Change
54%	51%	-3%

12. I get an adequate amount of sleep each night.

% Correct Pre-Test	% Correct Post-Test	% Change
51%	48%	-3%

13. I am happy and have a good self-concept most of the time.

% Correct Pre-Test	% Correct Post-Test	% Change
93%	87%	-6%

13. I am confident in social situations.

% Correct Pre-Test	% Correct Post-Test	% Change
88%	86%	-2%

14. I have a sense of purpose in my life.

% Correct Pre-Test	% Correct Post-Test	% Change
92%	87%	-5%

15. I am well informed about current events.

% Correct Pre-Test	% Correct Post-Test	% Change
84%	78%	-6%

16. I am comfortable expressing my views and opinions.

% Correct Pre-Test	% Correct Post-Test	% Change
89%	87%	-2%