

# Student Body “Healthy Habits” Survey

Family, Career and Community Leaders of America (FCCLA) members are investigating local young people’s eating, exercise, and healthy lifestyle habits. Please help by completing this brief survey.

Have you ever tried, or are you currently using, any of the following?

**Ever Now**

- individual vitamin or mineral supplements [Which one(s)? \_\_\_\_\_ ]
- herbal supplements [Which one(s)? \_\_\_\_\_ ]
- balanced diet with a variety of foods
- five-a-day of fruits and vegetables
- vegetarian diet
- specific diet [Which one(s)? \_\_\_\_\_ ]
- steroids / athletic supplements [Which one(s)? \_\_\_\_\_ ]

How many hours a week do you spend doing physical activities, like walking, running, swimming, biking, playing sports, etc.? \_\_\_\_\_

Would you describe yourself as—

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> more fit than others my age | <input type="checkbox"/> about as fit as others my age | <input type="checkbox"/> less fit than others my age |
| <input type="checkbox"/> overweight                  | <input type="checkbox"/> underweight                   | <input type="checkbox"/> about the right weight      |
| <input type="checkbox"/> a smoker                    | <input type="checkbox"/> a “social smoker”             | <input type="checkbox"/> a nonsmoker                 |
| <input type="checkbox"/> a drinker                   | <input type="checkbox"/> an occasional drinker         | <input type="checkbox"/> a nondrinker                |
| <input type="checkbox"/> a drug user                 | <input type="checkbox"/> a drug experimenter           | <input type="checkbox"/> not a drug user             |

Check any of the following that apply to you or any of your five closest friends.

- eating disorder (anorexia, bulimia, gorging)
- tobacco addiction
- poor body image
- out of shape
- drug use
- poor character habits
- obesity
- under-nourished
- problem drinking
- seriously stressed

**Thank you for your help.**

For more information, contact the

FCCLA chapter.

**Student Body** is a national FCCLA program that teaches young people to eat right, be fit, and make healthy choices.

**Family, Career and Community Leaders of America (FCCLA)** is a dynamic and effective national student organization that helps young men and women become leaders and address important personal, family, work, and societal issues through family and consumer sciences education.