

**Eating Your Way to Health
Self-Report Sheet**

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****This sheet is to be completed without assistance from books, internet, books, other people & any other outside sources.**

1. The 3-5 healthiest individual foods are & why?
 - a. EGGS
 - b. LETTUCE
 - c. APPLES

2. The 3-5 unhealthiest individual foods are & why?
 - a. Pickles
 - b. French Fries
 - c. The Krispy Kreme Burger
3. Macronutrients are:
A nutrient that is packed full of nutrients
4. Micronutrients are:
A very small nutrient
5. Label the following foods as primarily either: fat (F), carbohydrate (C) or protein (P):

Eggs	___P___	Olive oil	___F___	Salmon	___P___
Broccoli	___C___	Black beans	___P___	Celery	___C___
Rice	___C___	Milk	___F___	Avocado	___F___
Pork	___F___	Coconut	___C___	Blueberries	___C___
6. Whenever I eat, I am cognizant of what is in (the composition) of my food.
 - a. **Strongly agree**
 - b. Agree
 - c. Neither agree or disagree
 - d. Disagree
 - e. Strongly disagree
7. When purchasing foods I typically base my selections on: (rank the top three, 1=primary reason)
1 Price ___Value _2_ Quality _3_ Brand ___Source ___Labeling

8. I typically eat healthiest food choices.
 - a. Strongly agree
 - b. Agree
 - c. **Neither agree or disagree**
 - d. Disagree
 - e. Strongly disagree
9. I typically pay little attention to the quality of the foods I consume/enjoy.
 - a. **Strongly agree**
 - b. Agree
 - c. Neither agree or disagree
 - d. Disagree
 - e. Strongly disagree
10. If I had three foods + water to survive on for a year, I would select & why.
 - a. Eggs
 - b. Turkey
 - c. Apples
11. My most eaten three meals are & why? (E.g. cobb salad, peperoni pizza, chicken & broccoli, beans & rice, etc.) \
 - a. Cereal and Milk
 - b. Peanut Butter and granola sandwich
 - c. Turkey and cheese sandwich
12. My least eaten three meals that I believe I should eat, are & why?

- a. Salad
 - b. Nuts/ nut based foods
 - c. fruits
13. My food choices have little to do with my overall health
- a. Strongly agree
 - b. Agree
 - c. Neither agree or disagree
 - d. Disagree
 - e. **Strongly disagree**
14. I typically eat unprocessed (natural form) foods.
- a. Strongly agree
 - b. Agree
 - c. Neither agree or disagree
 - d. **Disagree**
 - e. Strongly disagree
15. Rank the top 5 factors which have the greatest impact on my overall **wellness**. (1-greatest impact)
- 1 Food quality/intake 2 Water quality ___ The health of the environment in which I live 5 Hygiene
 ___ Genetics ___ Air quality ___ Activity levels 3 My relationships ___ Degree of intellectual stimulation
 ___ Occupation 4 Sleep quality ___ Spiritual satisfaction ___ Income/wealth ___ Other _____
16. Each week I exercise
- a. Everyday
 - b. 5-6 days
 - c. **3-4 days**
 - d. 1-2 days
 - e. Rarely/never
17. When I exercise, I typically do so at
- a. **A high intensity**
 - b. Moderate intensity
 - c. Low intensity
 - d. Casually
 - e. None of the above
18. I rate my current health as:
- a. Significantly above the average American of similar age
 - b. Above the average American of similar age
 - c. **Similar to the average American of similar age**
 - d. Below the average American of similar age
 - e. Significantly below the average American of similar age
19. Why?
- I'm in good enough shape to feel healthy and not healthy enough to be self confident.
20. My primary reason for selecting this course is: (it can be it best fit my schedule...?)
- I'm always interested in learning about new and better ways to maintain my physical health.