

Healthy Lifestyles Programme

Healthy Choices, Healthy Eating and Physical Activity

Thank you for participating in this pilot project. In order for us to monitor how well the project is working and how much individuals will benefit, we would be grateful if you would complete this questionnaire. Please answer as honestly as possible.

Name: **Date:**

Please tick the answer that you feel most applies to **you** for each statement

	Strongly agree	Agree	Neither agree or disagree	Disagree	Strongly disagree
I eat breakfast everyday					
I have three regular meals					
I eat a wide variety of different foods					
I use healthier cooking methods e.g. grilling, poaching, steaming					
Healthy eating is important to me					
Being physically active is important to me					

Please tick the answer that you feel most applies to **you** for each statement

	Everyday	3-4 X per week	1-2 X per week	Less than once per week	Never
I eat fruit and vegetables					
I eat snack foods such as crisps, chocolate, cakes and biscuits					
I drink fizzy drinks and or energy drinks					
I drink water					
I eat take-away and convenience foods e.g. Chinese, fish and chips, Indian, ready meals, Mc Donald's					

How long do you spend on average being active every day? (Add up all the time during the day that you are active including walking, gardening as well as any physical activity groups or sessions you attend) *(Please tick the answer that applies to you)*

Less than 10 mins ☐ 10 mins ☐ 20mins ☐ 30mins ☐ 40mins ☐ 50mins ☐ 60mins ☐ More than 60mins ☐

Do you currently participate in any local physical activity groups/sessions? *(Please tick the answer that applies to you)*

Yes ☐

No ☐

If yes, please list all groups/sessions you attend

How confident do you feel about the following? **(Please tick one box)**

Extremely confident ----- Not at all confident									
		1	2	3	4	5	6	7	8
Making healthy food choices									
Tasting foods you have not eaten before									
Being able to prepare a meal from scratch from basic ingredients									
Adapting recipes to make them healthier									
Reading food labels									
Planning a weekly shop and budgeting									
Taking part in physical activity									

Thank you for taking the time to complete the questionnaire.

All of the information you have provided will be kept confidential and will only be used to help us to evaluate the project and to inform future project development