

Healthy Eating Habits and Life Style Questionnaire

If you answer the questions honestly, this screening questionnaire will give you a very good idea of your current health/ life style status. Take your time and read each question along with the answers carefully so you don't accidentally make a mistake. The scoring sheet is on the last page. Use the questions that you score poorly on as a health guide to make the necessary changes to better your nutrition and life style. We recommend tallying your points up on separate page with 2 columns; one column containing full point answers and one column containing 1/2 point answers.

There's no need to alter the answers or the scoring system in any way. I've purposely designed it this way to give the most accurate reading of your current health status. Choose the answer that most accurately describes you.

1. Approximately how long does it take you to eat each meal (not a snack)?
Less than 10 mins. = 0 About 10-15 mins. = 1/2 a point 15+ mins. = 1 point

2. How many times would you say you honestly chew your food before swallowing?
Have you ever counted?
Less than 10x = 0 10-20x = 1/2 a point Greater than 20x = 1 point

3. Do you tend to eat sitting or standing?
(Let's say you regularly eat some meals standing, like at work and some meals sitting, say at home. You still score 0 because you do regularly eat some meals standing. Don't automatically give yourself a 1/2 point. You would then go and change the habit to better your life and then come back and score yourself a full point. Use this format with rest of the questions as well.)
Sitting = 1 point Standing = 0

4. Do you tend to eat in front of the T.V. and or computer and or play with your phone?
Yes= 0 No= 1 point

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5. Does eating in silence (no external stimulation from any technological devices) make you feel uncomfortable?
Yes= 0 No= 1 point
6. Do you have thoughts, internally or out loud, in regard to appreciation towards your food on a regular basis? (saying grace, a prayer, blessing your food or just saying saying you are grateful for your food)
Yes= 1 point No= 0
7. How often do you consume packaged and processed foods? (even organic) such as: bread, pasta, cereal, bagels, burritos, chips, waffles, frozen dinners, ice cream, candy, energy bars, peanut butter, hummus, cold cuts etc.
2x per wk. or less= 1 point 2-4x per wk.= 1/2 point more than 4x per wk.= 0
8. What percent, of the groceries you buy, is organic or at least organically grown? (without the use chemicals, pesticides and in high quality soil)
less than 50%= 0 50-75%= 1/2 point greater than 75%= 1 point

I have no idea always= 0
9. Have you ever purchased produce from a local organic farm stand?
Yes= 1 point No= 0
10. How often do you shop for groceries? (per week)
At least once per wk.= 1 point
Every 2 weeks= 1/2 point
Greater than every 2 weeks= 0
11. How often do you order out for food and or eat fast food and or eat at restaurants on average? (per week)
1x or less per wk.= 1 point about 2x per wk.= 1/2 point greater than 2x per wk.= 0

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12. How many hours before bed do you consume your last meal and or snack of the day (on average)?
Within 1 hr. of going to bed= 0
Within 1 1/2 hrs.= 1/2 a point
Greater than 1 1/2 hrs.= 1 point
13. How often do you use the microwave to heat up your food?
more than 3-4x per wk.= 0 2-3x per wk.= 1/2 point 1x or less per wk.= 1 point
14. If you do heat food in the microwave, do you typically heat it with a plastic, tupperware or styrofoam container? (even if microwave safe?)
I don't heat food in the microwave= 1 point
I only heat food in the microwave in glass containers= 1/2 point
I generally heat food in the microwave in a plastic, tupperware or styrofoam container= 0
15. Do you know where the majority of the food you eat originates from? (I'm not talking about the grocery store here, where was it grown or raised?)
I know where at least 75% of the food I eat comes from= 1 point
I know where at least 50% of the food I eat comes from= 1/2 point
I know where less than 50% of the food I eat comes from= 0
16. How often do you or a loved one, cook and or prepare your own meals, including breakfast and or lunch and or dinner?
I, or a loved one, cook and or prepare my food almost everyday= 1 point
I, or a loved one, cook and or prepare my food at least 4x per wk.= 1/2 point
I, or a loved one, cook and or prepare my food less than 4x per wk.= 0
17. How often do you drink juice, soda and other soft drinks (even if diet or sugar free)?
more than 3x per wk.= 0 2-3x per wk.= 1/2 point 1x per wk. or less= 1 point

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18. What percent (on average) of the total carbohydrates you consume, consist of grains compared to other carbs, such as fresh fruits and vegetables? (bread, pasta, cereal, waffles, wraps etc. and even whole grains such as rice, quinoa, millet, oatmeal, couscous, corn, wheat, spelt etc.)

About 25% or less of the carbs I eat, consist of grains= 1 point

About 40% or less of the carbs I eat, consist of grains= 1/2 point

greater than 40% of the carbs I eat, consist of grains= 0

19. How full are you (in general) before you stop eating?

I generally stop eating at about 80-85% before feeling completely full= 1 point

I generally stop eating at about 85-90% before feeling completely full= 1/2 point

I generally stop eating over 90% before feeling completely full= 0

20. How often do you at least get some form of exercise (resistance training, swimming, hiking, kayaking, running, biking, walking, yoga etc.)?

At least 3-4x per wk.= 1 point

At least 2-3x per wk.= 1/2 point

Less than 2x per wk.= 0

21. How many hours of sleep do you get per night (on average)?

At least 7 - 7 1/2 hrs= 1 point

At least 6 1/2 - 7 hrs.= 1/2 point

Less than 6 1/2 hours= 0

22. Do you generally tend to sleep between the hours of 10 pm to 7 am?

Yes= 1 point No= 0

23. Do you sleep with any wireless or electronic devices in your bedroom? (A router, laptop, tablet, desktop computer, cell phone, t.v., wifi radio etc.)

Yes= 0 No= 1 point

24. On Average, how many hours of T.V. do you watch per week?

0-2 hrs.= 1 point

2-4 hrs.= 1/2 point

4 or more hrs.= 0

25. How often do you use your cell phone?

I rarely use my cell phone, only for occasional calls and texts if necessary= 1 point

I frequently use my cell phone for calls, texts, emails, games, apps etc.= 0

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26. Do you tend to carry your phone on you (in your pocket) at all times rather than leaving it away from your body?

Yes= 0 No= 1 point

27. How many times per week do you take at least 15 minutes to quiet your mind? (meditation, slow tai chi, restorative yoga, sitting in silence or just sitting quietly and listening to relaxing music)

At least 5x per wk.= 1 point

At least 2-3x per wk.= 1/2 point

Less than 2x per wk.= 0

28. Would you say you drink almost half your body weight in oz of water per day?

(8 oz= 1 cup of water)

Yes= 1 point No= 0

29. Is the water that you bathe in (bath and shower) filtered?

(I'm talking about an after market filtration system that has been proven to remove chemicals like chlorine, fluoride, heavy metals and other contaminants, this is not something that comes with your house.)

Yes= 1 point No= 0

30. Do you drink filtered water from a high quality filtration system (The filter on your fridge and The Brita filter don't count) that's proven to remove contaminants from the water or from a highly pure source that uses glass bottles?

I generally drink water from a highly pure source which uses glass bottles or from my own high quality filtration system= 1 point

I usually drink water that's from the filter on my fridge, The Brita or from the tap and it's not filtered= 0

31. Do you tend to take antibiotics every time you get sick?

I never take antibiotics unless it's a life or death situation= 1 point

I rarely take antibiotics when I get sick and only if it's serious= 1/2 point

I generally take antibiotics when I'm sick= 0

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32. How many alcoholic drinks do you consume (on average) per week?

On average, I consume 2 or less alcoholic beverages per wk and no more than 1 per day= 1 point

On average, I consume 2-4 alcoholic drinks per wk. and no more than 1 per day= 1/2 point

On average, I consume more than 4 alcoholic drinks per wk. or more than 1 drink per day= 0

33. Do you smoke?

I don't smoke= 1 point

I only occasionally smoke= 0

I smoke regularly= 0

34. How often are you having a bowel movement?

I generally tend to have at least one bowel movement per day= 1 point

I generally tend to have a bowel movement less than once a day= 0

35. Do you tend to have 3 or more bowel movements per day?

Yes= 0 No= 1 point

36. Are you regularly clearing at least 10-12 inches of fecal matter per day with your bowel movements? (This can be 1- 12 inch, 2- 6 inch or 3- 4 inch bowel movements)

Yes= 1 point No= 0

37. In general, do you drink more than 1 cup of coffee per day?

Yes= 0 No= 1 point

38. Do you have live plants in your house?

I have several different types of living plants throughout my house and in different rooms such as: the living room, kitchen, bedroom etc.= 1 point

I have a few plants in my house= 1/2 point

I don't have any plants in my house : (= 0

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39. How often do you open your windows to let fresh air into your house?

I open my windows, to let fresh air in, every chance I get= 1 point

I frequently open my windows to let fresh air in= 1/2 point

I rarely open my windows to let fresh air in= 0

40. How often do you go out and do something that involves nature? (hiking, camping, visiting a park, the beach, walking through wooded areas, gardening etc.)

I get out and do something that involves nature at least once a week= 1 point

I get out and do something that involves nature, every few weeks= 1/2 point

I rarely get out or do anything involved with nature= 0

41. How aware are you of your posture (sitting, standing, eating, on the computer etc.) throughout the day?

I am usually very aware of my posture throughout the day= 1 point

I am occasionally aware of my posture= 1/2 point

I am usually unaware of my posture= 0

42. How often are you receiving a massage or using self massage techniques such as the foam roller, spiky ball etc.

I usually get a massage or perform self massage techniques on myself at least 4-5x per week= 1 point

About 2-3x per= 1/2 point

Less than 2x per week=0

**How did you do?
Check your score on the next page.**

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Healthy Eating Habits Scoring Sheet

The healthy eating habits questionnaire is designed to give you a good idea of where you stand with your current health habits. Use the questions and scoring system as a guide to help direct you to better habits. Check your scores at least once a month to make sure you are making the necessary changes. Do this until you are completely satisfied with your results.

We understand that in today's fast paced and stressful society, it's hard to keep up with good habits but really, isn't that all the more reason to? Cancer, diabetes, cardiovascular disease, allergies, autoimmune diseases etc. are all plaguing our society. We have become more sick and medicated than ever and almost all of these diseases are preventable!

A score of 38-42 points: Congratulations! You are definitely on the right track with your diet and lifestyle habits. If you haven't yet obtained a perfect score, make those last few tweaks and changes in your diet and life style to get your perfect health score!

A score of 33-37 points: Average. Your diet and lifestyle habits are good but they could use a little work. Step up your game to the next level to maximize your health and well being!

A score of 28-32 points: Below Average. Unfortunately, due to the current status of our society, this is where most people score. You may be, if not already, on your way to illness or injury if you don't make some changes right now.

A score of 23-27 points: Poor. We have some work to do. You probably already have at least one health issue and are on your way to more if you don't make immediate changes.

A score of 22 points and below: Extremely Poor. You probably have several health issues and are looking at accumulating more if you don't start making changes in your life immediately. We have too many people on Medication in this country and the lines in the pharmacy are out the door!