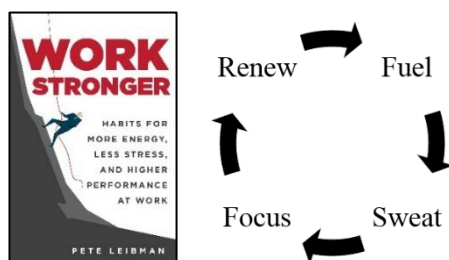


The Stronger Habits Assessment



Instructions: Circle one answer for the following 17 questions. After you answer all the questions, review the scoring grid to get your total score.

- 1. Which statement most accurately describes typical workday?**
 - a. I typically try to multi-task
 - b. I typically do one task at a time
 - c. Sometimes, I try to multi-task and I sometimes I do one task at a time
- 2. How often do you check your email, social media, or cell phone during the workday?**
 - a. Most or all of the day
 - b. No more than once an hour
 - c. It depends on the day
- 3. Which statement most accurately describes your typical lunch on a workday?**
 - a. I usually eat lunch quickly (or I skip lunch) while working or checking emails
 - b. I usually take a break from work and emails during lunch
 - c. It depends on the day
- 4. Which statement most accurately describes typical workday?**
 - a. I usually take a short break (10 minutes or less) at least every 90 minutes
 - b. I rarely take any short breaks during the day
 - c. It depends on the day
- 5. How often do you establish your top priorities before the day begins?**
 - a. Most days or every day
 - b. Some days
 - c. Rarely or never
- 6. Which statement best describes your typical breakfast?**
 - a. I usually don't eat breakfast
 - b. I usually eat a quick meal, like a granola bar, bagel, or cereal
 - c. I usually eat at least 20g of protein and at least 1 serving of fruits or vegetables
 - d. It depends on the day
- 7. How often do you go longer than 3-4 hours during the day without eating healthy food?**
 - a. Most or all of the time
 - b. Sometimes
 - c. Rarely or never

8. **How often do you eat foods that have added sugar or that are heavily processed or fried?**
 - a. At least once a day, on average
 - b. Maybe a few times each week, on average
 - c. Once a week or less, on average
9. **In a typical week, how often do you drink more than one alcoholic beverage in a day?**
 - a. At least 3-4 days a week
 - b. 1-2 days a week
 - c. 0 days a week
10. **In a typical day, how many artificial drinks do you consume? Include soda (diet or regular), fancy coffee drinks, sports drinks, energy drinks, iced teas, lemonade, etc.**
 - a. 3 or more
 - b. 1-2
 - c. 0
11. **On average, how many minutes each week do you do cardiovascular exercise that makes you sweat?**
 - a. More than 90 minutes each week
 - b. 60-90 minutes each week
 - c. 30-60 minutes each week
 - d. Less than 30 minutes each week
12. **How often do you do strength training?**
 - a. At least 2 days each week
 - b. Maybe 1-2 days each week
 - c. Rarely or never
13. **How often do you stretch or do flexibility exercises for your body?**
 - a. At least 2 days each week
 - b. Maybe 1-2 days each week
 - c. Rarely or never
14. **How many hours do you typically sleep each night?**
 - a. At least 7-8 hours each night (on average)
 - b. 6-7 hours each night (on average)
 - c. Less than 6 hours each night (on average)
15. **How often do you use artificial sleeping aids or consume alcohol or caffeine before bed?**
 - a. Most or all of the time
 - b. Sometimes
 - c. Rarely or never
16. **How often do you feel rushed or stressed in the morning? (before you get to work)**
 - a. Most or all of the time
 - b. Sometimes
 - c. Rarely or never
17. **How often do you take at least 5 minutes for quiet, mindful, tech-free activities (i.e. meditation, yoga, reading physical books, leisurely walks)?**
 - a. Multiple times each day, on average
 - b. Maybe once each day, on average
 - c. Maybe a few times each week, on average
 - d. Rarely or never