### Enacted Health Behaviors Questionnaire

The following statements describe everyday health habits. For each statement, please select the response that best describes your usual style.

1. I limit my intake of red or processed meat or avoid it altogether.  
   00 = Not at all  
   01 = Very little  
   02 = Somewhat  
   03 = Quite a bit  
   04 = To a great extent

2. I eat whole grains.  
   00 = Not at all  
   01 = Very little  
   02 = Somewhat  
   03 = Quite a bit  
   04 = To a great extent

3. I eat fruits and vegetables.  
   00 = Not at all  
   01 = Very little  
   02 = Somewhat  
   03 = Quite a bit  
   04 = To a great extent

4. I limit my intake of alcoholic beverages or avoid them altogether.  
   00 = Not at all  
   01 = Very little  
   02 = Somewhat  
   03 = Quite a bit  
   04 = To a great extent

5. I limit my use of cigarettes or tobacco products or avoid them altogether.  
   00 = Not at all  
   01 = Very little  
   02 = Somewhat  
   03 = Quite a bit  
   04 = To a great extent

6. I get recommended medical screening tests.  
   00 = Not at all  
   01 = Very little  
   02 = Somewhat  
   03 = Quite a bit  
   04 = To a great extent

7. I take preventive medications, vitamins, or supplements when needed.  
   00 = Not at all  
   01 = Very little  
   02 = Somewhat  
   03 = Quite a bit  
   04 = To a great extent

8. I engage in moderate physical activity or exercise.  
   00 = Not at all  
   01 = Very little  
   02 = Somewhat  
   03 = Quite a bit  
   04 = To a great extent
9. I do things to lower my stress (e.g., meditation, yoga, deep breathing).

00=Not at all
01=Very little
02=Somewhat
03=Quite a bit
04=To a great extent

10. I participate in social activities with others.

00=Not at all
01=Very little
02=Somewhat
03=Quite a bit
04=To a great extent