

# 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<br>01=Very little<br>02=Somewhat<br>03=Quite a bit 04=To a great extent     |
| 2. I eat whole grains.  | 00=Not at all<br>01=Very little<br>02=Somewhat<br>03=Quite a bit<br>04= To a great extent |
| 3. I eat fruits and vegetables.   | 00=Not at all<br>01=Very little<br>02=Somewhat<br>03=Quite a bit<br>04=To a great extent  |
| 4. I limit my intake of alcoholic beverages of avoid them altogether.         | 00=Not at all<br>01=Very little<br>02=Somewhat<br>03=Quite a bit<br>04=To a great extent  |
| 5. I limit my use of cigarettes or tobacco products or avoid them altogether. | 00=Not at all<br>01=Very little<br>02=Somewhat<br>03=Quite a bit<br>04=To a great extent  |
| 6. I get recommended medical screening tests.                                 | 00=Not at all<br>01=Very little<br>02=Somewhat<br>03=Quite a bit<br>04=To a great extent  |
| 7. I take preventive medications, vitamins, or supplements when needed.       | 00=Not at all<br>01=Very little<br>02=Somewhat<br>03=Quite a bit<br>04=To a great extent  |
| 8. I engage in moderate physical activity or exercise.                        | 00=Not at all<br>01=Very little<br>02=Somewhat<br>03=Quite a bit<br>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