
Take the Family Lifestyle Quiz

The Family Lifestyle Quiz will help you find changes you can make in your family environment. Answer “yes,” “no,” or “sometimes” to the following questions:

Do you and your family:	Yes	No	Sometimes
1. Have regularly scheduled mealtimes when you are home?			
2. Eat meals together at least once a day?			
3. Eat planned snacks (instead of just grabbing whatever is around when hungry)?			
4. Give portions sized to each person’s needs?			
5. Plan and prepare meals together once a day?			
6. Eat three meals every day?			
7. Try to make mealtimes pleasant?			
8. Avoid making everyone eat everything on their plate before leaving the table?			
9. Make meals last more than 15 minutes?			
10. Eat only in designated areas of the house?			
11. Avoid using food to punish or reward?			
12. Enjoy physical activities together once or twice a week?			

Scoring the Quiz

Give yourself two points for every “yes” answer. Score one point for every “sometimes” answer. Give zero points for every “no” answer.

If you scored 20 to 24 points, your family is doing a great job in these areas! Read the next section for ways to make your skills stronger.

A score of 13 to 19 is good. But review the questions you answered “no” or “sometimes,” and see what changes you can make. The next section provides helpful information on how to incorporate some of these changes in your home.

If your score is 12 points or fewer, following the suggestions in the next section can really help your child and your entire family.