

Level 1 habit assessment

NAME

DATE

This assessment can show you how consistently and well you do some of the basic Level 1 nutrition and lifestyle habits. Scoring is at the end.

I make time for healthy habits.

NEVER 1 2 3 4 5 6 7 8 9 10 EVERY SINGLE DAY WITHOUT FAIL

SOMETIMES

I exercise or do some movement.

NEVER 1 2 3 4 5 6 7 8 9 10 EVERY SINGLE DAY WITHOUT FAIL

SOMETIMES

I eat slowly.

NEVER 1 2 3 4 5 6 7 8 9 10 EVERY SINGLE DAY WITHOUT FAIL

SOMETIMES

I eat mindfully, with few distractions. I notice the taste and texture of my food.

NEVER 1 2 3 4 5 6 7 8 9 10 EVERY SINGLE DAY WITHOUT FAIL

SOMETIMES

I include some lean protein at most meals.

NEVER 1 2 3 4 5 6 7 8 9 10 EVERY SINGLE DAY WITHOUT FAIL

SOMETIMES

I include colorful fruits and/or vegetables at most meals.

NEVER 1 2 3 4 5 6 7 8 9 10 EVERY SINGLE DAY WITHOUT FAIL

SOMETIMES

I eat mostly slow-digesting, high-fiber, nutrient rich “smart carbohydrates” such as fruits, starchy vegetables, whole grains, or beans / legumes.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

I eat mostly healthy fats.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

I eat mostly whole, minimally processed foods.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

I plan most of my meals. (Or, I have a trusted system such as meal delivery.)

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

I make time to relax, have fun, and de-stress.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

I do purposeful recovery.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

I practice good “sleep hygiene” and try to get plenty of high-quality sleep.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

Level 1 habit assessment (cont'd)

I can manage my stress or emotions without relying on food and eating.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

I drink alcohol sparingly, or don't drink at all.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

I have at least one positive, supportive social connection.

NEVER (1) (2) (3) (4) (5) (6) (7) (8) (9) (10) EVERY SINGLE DAY WITHOUT FAIL
SOMETIMES

I smoke. (Yes – 1 point / No – 10 points)

(Y) (N)

Your score

135 and above

Crushing it! You might be ready for Level 2, if you want. Or just keep being great at Level 1.

111-135

Doing well! Some areas for improvement, but you can still feel pretty good about your Level 1 skills.

85-110

You might be doing well with some fundamental habits, but you're probably struggling with others.

Less than 85

Have you considered getting coaching?