

Name: _____ Date: _____

Strong4Life Role Model Assessment

Place an **X** by the answer that best describes your eating and activity habits while working with kids.

	Almost/most of the time	About half of the time	Very little/ not at all
I eat vegetables and fruits at meals.			
I encourage kids to eat vegetables and fruits.			
I drink water or low-fat milk in front of the kids, rather than sugary drinks (such as soda, sports drinks, sweet tea, lemonade, juice drinks and fruit juice).			
I make sure mealtime is enjoyable and include healthy habits messages in conversation.			
I express a positive attitude about healthy eating.			
I am physically active with the kids.			
I express a positive attitude about being physically active.			
I encourage kids to be physically active.			
I avoid using foods or beverages as reward or punishment.			
I avoid withholding physical activity as punishment.			
I avoid using screens (like my cell phone) in front of kids.			
Total:			

Notes: _____

