

Health promoting life style profile II

DIRECTIONS: This questionnaire contains statements about your present way of life or personal habits. Please respond to each item as accurately as possible, and try not to skip any item. Indicate the frequency with which you engage in each behavior by marking √ :

	Statements	Never	Sometimes	Often	Routinely
Health responsibility domain					
1	Report any unusual signs or symptoms to a physician or other health professional.				
2	Read or watch TV programs about improving health.				
3	Question health professionals in order to understand their instructions.				
4	Get a second opinion when I question my health care provider's advice.				
5	Discuss my health concerns with health professionals.				
6	Inspect my body at least monthly for physical changes/danger signs.				
7	Ask for information from health professionals about how to take good care of myself.				
8	Attend educational programs on personal health care.				
9	Seek guidance or counseling when necessary.				
Nutrition domain					
10	Choose a diet low in fat, saturated fat, and cholesterol.				
11	Limit use of sugars and food containing sugar (sweets).				
12	Eat 6-11 servings of bread, cereal, rice and pasta each day. Serving size: half a cup of rice or pasta (cooked) or a quarter of a loaf of bread or 1 toast.				

	Statements	Never	Sometimes	Often	Routinely
13	Eat 2-4 servings of fruit each day. Serving size: one medium sized fruit (orange, apple, guava, banana, etc.), 1 cup juice or 10 grapes.				
14	Eat 3-5 servings of vegetables each day. Serving size: one medium sized vegetable (cucumber-tomato) or half a cup of cooked vegetables or a cup of fresh vegetables.				
15	Eat 2-3 servings of milk, yogurt or cheese each day. Serving size: one cup.				
16	Eat only 2-3 servings from the meat, poultry, fish, dried beans, eggs, and nuts group each day. Serving size: Small meat- one quarter chicken- 1 medium fish – half cup				
17	Read labels to identify nutrients, fats, and sodium content in packaged food.				
18	Eat breakfast.				
Physical activity domain					
19	Follow a planned exercise program.				
20	Exercise vigorously for 20 or more minutes at least three times a week (such as brisk walking, bicycling, aerobic dancing, using a stair climber)				
21	Take part in light to moderate physical activity (such as sustained walking 30-40 minutes 5 or more times a week).				
22	Take part in leisure-time by doing physical activities (such as swimming, dancing ,bicycling)				
23	Do stretching exercises at least 3 times per week.				
24	Get exercise during usual daily activities (such as walking during lunch, using stairs instead of elevators, parking car away from destination and walking)				
25	Check my pulse rate when exercising.				

	Statements	Never	Sometimes	Often	Routinely
26	Reach my target heart rate when exercising. Level of exercise: very light 95:114, Light 114:133, Moderate 133:152, Hard 152:171, Very hard 171:190				
Spiritual growth domain					
27	Feel I am growing and changing in positive ways.				
28	Believe that my life has purpose.				
29	Look forward to the future.				
30	Feel content and at peace with myself.				
31	Work toward long-term goals in my life.				
32	Find each day interesting and challenging.				
33	Am aware of what is important to me in life.				
34	Feel connected with some force greater than myself.				
35	Expose myself to new experiences and challenges.				
Interpersonal relationships domain					
36	Discuss my problems and concerns with people close to me.				
37	Praise other people easily for their achievements.				
38	Maintain meaningful and fulfilling relationships with others.				
39	Spend time with close friends.				
40	Find it easy to show concern, love and warmth to others.				
41	Touch and am touched by people I care about				
42	Find ways to meet my needs for social intimate relationships.				
43	Get support from a network of caring people.				
44	Settle conflicts with others through discussion and compromise.				

	Statements	Never	Sometimes	Often	Routinely
Stress management domain					
45	Get enough sleep.				
46	Take some time for relaxation each day.				
47	Accept those things in my life which I cannot change.				
48	Concentrate on pleasant thoughts at bedtime.				
49	Use specific methods to control my stress.				
50	Balance time between work and play.				
51	Practice relaxation or meditation for 15-20 minutes daily.				
52	Pace myself to prevent tiredness.				