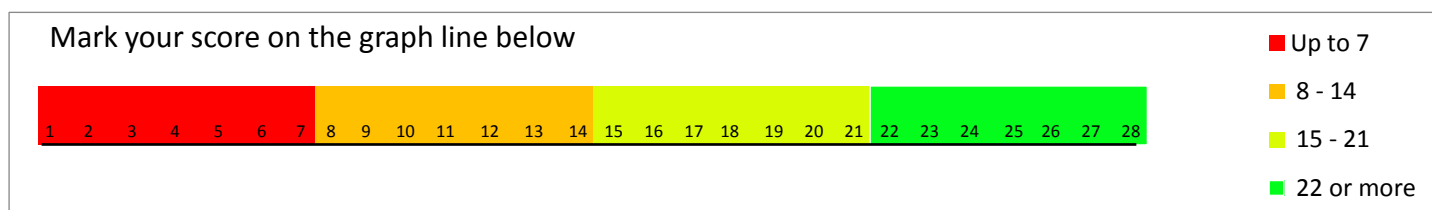


HAT Tool Nutrition & Activity questionnaire

<p>Thinking about the past week, how often did you eat vegetables & fruits?</p> <p style="text-align: right;"><u>Score:</u></p> <p>I didn't eat any vegetables/fruit..... 1 I ate very few vegetables/fruit..... 2 I ate vegetables/fruit on most days..... 3 I ate lots of vegetables/fruit every day..... 4</p>	<p>Write your score here.</p>
<p>Thinking about the past week, how many days did you eat high-fat foods such as full fat cheese, salami, sausages, cream based sauces, takeaway foods, pies or pastry products?</p> <p style="text-align: right;"><u>Score:</u></p> <p>1. Daily or almost daily..... 1 2. 3 times..... 2 3. 1-2 times..... 3 4. I generally don't eat these foods..... 4</p>	
<p>How often did you consume high sugar foods such as soft drinks (non diet), chocolate bars, cakes, biscuits or lollies?</p> <p style="text-align: right;"><u>Score:</u></p> <p>1. Daily or almost daily..... 1 2. 3 times..... 2 3. 1-2 times..... 3 4. I generally don't eat these foods..... 4</p>	
<p>How many glasses of water do you drink per day? (can include non-caffeinated tea or coffee)</p> <p style="text-align: right;"><u>Score:</u></p> <p>1. I rarely ever drink straight water..... 1 2. 1-3 glasses a day..... 2 3. 4-5 glasses a day..... 3 4. 6 or more glasses..... 4</p>	
<p>My daily life or work:</p> <p style="text-align: right;"><u>Score:</u></p> <p>1. Involves sitting down most of the time (e.g. nail technician, school student, bus driver)..... 1 2. Is a mix of sitting, standing and moving around (e.g. school teacher, shop assistant)..... 2 3. Is quite active a lot of the time (e.g. waiter, courier)..... 3 4. Always involves lots of activity (e.g. fitness instructor, landscaper)..... 4</p>	
<p>How often do you do planned exercise (30+ minutes walking, swimming, cycling or other form of exercise?)</p> <p style="text-align: right;"><u>Score:</u></p> <p>1. I rarely ever do planned exercise..... 1 2. 1-2 times per week..... 2 3. 3-4 times per week..... 3 4. 5 or more times per week..... 4</p>	
My total score	



What does this mean for you? 

What areas can you work on improving?