

1 2 3 4 5 6 7 8 9

Mostly avoids other parts of non-organically grown chicken, except breast									
Includes <u>mostly</u> ; fish or plant based protein products as dietary protein									
Generally avoids the following foods:									
Sweets (except fruits & vegetables)									
Salty									
Fried									
Fatty									
"Junk Foods"									
High fat dairy products (e.g. butter, cheese, milk, egg yolk)									
Soft Drinks									
Drinks 6-8 glasses of water daily									
Supplements taken daily:									
Multivitamin									
Taken separately:									
Vitamin C									
Vitamin E									
Selenium									
Calcium									
Magnesium									
Vitamin D									
Fish oil or ground flaxseed									
Healthy snacks between meals									
Current weight:									
In appropriate weight range for my height: Y/N (appropriate weight =)									
Safe sex Practiced: (Condom, or abstinence, or mutual fidelity)									
HIV status known									
Substance Avoidance (e.g. cigarettes, excess alcohol, drugs)									
Smoking: No. of cigarettes									
Most of Socio-economic habits: •improving productivity skills • budgeting •saving • planning (Y/ N)									
Annual check up completed (if over 25 years): Y/N or N/A									
Thinking in whole person terms. Degree: (1) none (2) mild (3) moderate (4) marked									