

parent equip

SESSION 2

BRENTWOOD
families

Healthy Habits Survey

I get a sufficient amount of sleep per night.

1 _____ 5

I drink the recommended amount of water daily.

1 _____ 5

I eat the recommended daily servings of fruits and vegetables.

1 _____ 5

I exercise regularly.

1 _____ 5

I limit my screen time.

1 _____ 5

I attend church weekly.

1 _____ 5
