

Teach Well - Gimme 5 Atlanta
R7 FJV Stages of Change - Child

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Teach Well – Gimme 5 Project

NAME: _____
ID#: _____
TEACHER: _____
DATE: ____/____/____

Instructions: Darken A or B first. If you darken A, then darken C or D, too. If you darken B, then darken E or F, too.		A. I agree	B. I disagree	C. I agree a little	D. I agree a lot	E. I disagree a little	F. I disagree a lot
1.	Johnny's Example - I am working hard at eating more fruits and vegetables than I used to eat.	<input checked="" type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input checked="" type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
2.	Your Example - I am working hard at eating more fruits and vegetables than I used to eat.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
3.	I do not need to change what I eat.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
4.	I might be ready to eat more fruits and vegetables.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
5.	I am eating more fruits and vegetables because I was worried that I was eating too few.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
6.	It might be a good idea to eat more fruits and vegetables	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
7.	What I eat is okay. It does not make sense for me to eat more fruits and vegetables	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
8.	I am finally working on eating more fruits and vegetables.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
9.	I have been thinking that I might want to eat more fruits and vegetables.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
10.	Eating more fruits and vegetables can be hard, but I am working on it.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
11.	Working on eating more fruits and vegetables is a waste of time for me because I do not need to eat more.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
12.	I am working on eating more fruits and vegetables to learn about myself.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
13.	I guess there are some problems with what I eat, but there is nothing that I really need to change.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
14.	I am really working hard to eat more fruits and vegetables.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
15.	I eat too few fruits and vegetables, and I think I should eat more.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
16.	Even though I am not always successful at eating more fruits and vegetables, at least I am working on it.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
17.	I wish I had more ideas on how to eat more fruits and vegetables.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
18.	I have started to work on eating more fruits and vegetables, but I would like help.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
19.	Maybe someone will help me eat more fruits and vegetables.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
20.	I have started eating more fruits and vegetables, but I need help to keep on doing this.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
21.	I may be part of the problem of children eating too few fruits and vegetables, but I do not really think I am.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
22.	I hope someone will have good advice for me about eating more fruits and vegetables.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
23.	Anyone can talk about eating more fruits and vegetables: I am actually doing something about it.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
24.	All this talk about changing what you eat is boring. Why can't children just eat and forget about it?	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
25.	I have worries about what I eat, but so do other children. Why spend time thinking about them?	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
26.	I am working hard at eating more fruits and vegetables.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F
27.	I would rather live with eating too few fruits and vegetables than try to eat more.	<input type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D	<input type="radio"/> E	<input type="radio"/> F