



Wisconsin Association for Home
and Community Education, Inc.

HCE Healthy Lifestyle Survey

(formerly On the Move and in the Groove)

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this 5 question survey about maintaining your healthy lifestyle from February 18 and May 12, 2018.

Name (optional) _____

County _____, Wisconsin

1. Which activities do you usually participate in weekly? Check all that apply.

walking hiking running dancing bowling
 biking spinning rowing swimming skiing
 Strong Bones class yoga TaiChi exercise DVD
 tennis others (please list) _____

2. How many times a week are you usually active for ½ hour or more?

5 or more 3 or 4 1 or 2 zero

3. Do you exercise alone or with a group? Explain _____

4. How many ½ cup servings of fruits & vegetables to you usually eat daily?

8 or more 5-7 1-4 zero

5. How much of your diet is raised, grown or made within 100 miles of you?

Most About half Some Very little Unsure

Questions? Please call Sandy Wendorff at 715-851-5584. Please send your finished survey and tallies to Sandy at W7382 Anderson Street, Shawano, WI 54166