AIM-HI Fitness Inventory

Name:		Date:				
We understand that physical activity, healthy eating and emotional well-being are an important part of your healt We want to partner with you to achieve your goals in these areas.						
	• •	p us better understand your interests and needs in these areas. issues over time and may not attempt to address all of them in				
How Active Are You?						
Please select the one choice that best describes you:						
□ I'm ready to get more □ I'm not sure if I'm read	active and would l ly to be more activ	eed help to be more active. like help. /e, but I'm ready to talk about it. being more active at this time.				
1) How many hours each o □ less than 1	day do you spend w □ 1-2	/atching TV or videos or on the computer? □ more than 2				
2) How many times a wee □ 4 or more	ek do you do yard or □ 1-3	house work or duties on the job that cause you to work up a sweat?				
3) How many times a wee □ 4 or more	ek do you get out fo □ 1-3	r a brisk walk of 10 minutes or more? □ Less than 1				
4) How many times a wee □ 4 or more	ek do you participate □ 1-3	e in sports or an exercise program? □ Less than 1				

(turn over)

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How Well Do You Eat?

Please select the one choice that best describes you:

		chues you.		
	me changes to ea dy to change the	way l eat, bu	It I'm ready to talk about	: it.
□ I'm not interested in o	changing the way	/ I eat at this	time.	
A serving of food is the a	mount that would	fit in the palm	n of your hand.	
1) How many servings of □ 5 or more	fruits or vegetabl □ 3-4	es do you eat □2 or less	each day?	
2) How many servings of □ 3 or more	whole grains (like □ 2	whole grain b	read or cereal, oatmeal, br	own rice, etc.) do you eat each day?
3) How many times a we □ 6 or more	ek do you eat lear □3-5	n protein like c □2 or less	hicken, turkey, fish, tofu oı	beans?
4) How many times a we □ 1 or less	eek do you eat higł □2-3	n fat foods like □4 or more	e fried food, pastries or chi	os?
5) How many times a we □ 1 or less	ek do you eat fast □2-3	food meals o	r snacks?	
6) How much margarine, □ very little	butter or meat fat □some	(lard) do you u □a lot	se in your cooking or put o	n bread, potatoes or other vegetables?
7) How many sugary drir □ none	ks (like regular so □ 1-2	ft drinks, swee □3 or more	et tea or fruit flavored drink	xs) do you drink each day?
8) How many times a we □ 3 or less	eek do you eat des □4-6	serts or other □ 7 or more	sweets?	
9) How often do you eat □ Rarely	when you are not □Sometimes	hungry, for ex	ample out of habit or for e □Often	motional reasons? □All the time
How Happy or Satisfied	I Are You?			
Please select the one che	pice that best des	cribes you:		
	me changes to be dy to work on be	e happier and ing happier, l	l would like help. but I'm ready to talk abo atisfaction at this time.	ut it.
In the last week, how oft □ Not at all	en did poor physic □ Some days	al or emotion:	al health keep you from dc □ Most days	ing your usual activities? □ Everyday
How often does stress o □ Rarely	r depression affec □ Sometimes	t your ability to	o pursue healthy lifestyle c □ Often	hanges? □ All the time
How many days per week □ Daily	do you participate □3-6 days	in some form	of a spiritual or cultural act □ 1-2 days	ivity that gives you emotional strength? □None

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