

## Score for L.I.F.E.

Points	0	5	10	15	20
<b>Physical Activity</b>					
Less than 10 minutes	( )				
10-20 minutes		( )			
20-40 minutes			( )		
40-60 minutes				( )	
60 or more minutes					( )
<b>All drinks less than 10 calories (except milk)?</b>					
no	( )				
yes					( )
<b>Ate breakfast</b>					
no	( )				
yes		( )			
<b>Servings (1/2 cup) of non-starchy vegetables</b>					
Less than two	( )				
Two		( )			
Three			( )		
Four or more				( )	
<b>Screen time (TV, video games, computer)</b>					
More than 2 hours	( )				
Less than 2 hours			( )		
<b>Ate all home meals at the table with TV off?</b>					
No	( )				
Yes			( )		
<b>Recorded on goal sheet</b>					
No	( )				
Yes		( )			
<b>Pedometer</b>					
Didn't wear	( )				
Less than 6000 steps		( )			
6000-10,000 steps			( )		
Over 10,000 steps				( )	
<b>TOTAL POINTS</b>					

TOTAL SCORE =     /100