

Community Health Survey

(Door-to-door)

*****Please circle or check off all that apply below*****

#1: Do you or anyone in your home have HEART DISEASE, HIGH BLOOD PRESSURE, HIGH CHOLESTEROL? ARTHRITIS, DIABETES, or CANCER? YES or NO

#2: Do you or anyone in your home currently have a COUGH, COLD, FLU, EARACHE, HEADACHE, TOOTHACHE or any OPEN WOUND? YES or NO

#3: Do you eat BREAKFAST every day? YES or NO

#4: How many cups of water have you had today? (please give your answer in cups) ___ cups

#5: Do you drink Coffee, Tea (Lipton, green, black, chai), Diet Soda, Regular Soda or any type of Energy drink? YES or NO

#6: How often do you exercise a minimum of 30 minutes each day?
___ Rarely ___ 1-2 times per week ___ 3-4 times per week ___ 5 or more per week

#7: How often do you get 7-8 HOURS OF SLEEP?
___ Rarely ___ 1-2 times per week ___ 3-4 times per week ___ 5 or more per week

#8: When is the last time you had your Blood Pressure Checked? _____ What was it? _____

#9: Have you seen the documentary 'Forks Over Knives'? YES or NO

#10: Have you seen the documentary 'Forks Over Knives'? YES or NO

*****BONUS QUESTIONS:**

*****Please answer YES or NO to the following questions:**

- ___ Are you interested in losing any weight?
- ___ Do you want to feel better?
- ___ Do you want to improve, stabilize, or even reverse a chronic condition such as heart disease, high cholesterol, diabetes, high blood pressure or any other condition not mentioned?
- ___ Would you like to take fewer medications?
- ___ Are you open to changing your diet if it could really improve your health?
- ___ Are you interested in learning how to quit SMOKING or DRINKING

NAME: _____

ADDRESS: _____

CONTACT #: _____

EMAIL ADDRESS: _____