

QUESTIONNAIRE

HEALTHY HABITS DURING PREGNANCY

We are interested in your health and well-being during your pregnancy. Please take a moment to answer these questions. *Turn this sheet over for small steps to get started towards your goals.*

NAME: _____

TODAY'S DATE: _____

1. How many days each week are you physically active? _____
2. On those days, how many minutes are you usually active? _____
3. How often do you eat while doing other things? (Example: Using phone or tablet, watching TV, reading, etc.)
 Never Some of the time Most of the time Always
4. How many fruits and vegetables do you eat each day? _____
5. How many times a week do you eat takeout and fast food? _____
6. How many of these drinks do you usually have each day?
___ Water ___ Coffee ___ Soda ___ Sports drinks ___ Juice ___ Energy drinks ___ Alcohol ___ Other
7. How many hours of sleep do you usually get each night? _____
8. How often do you feel rested when you get up in the morning?
 Never Some of the time Most of the time Always
9. How often do you feel that you manage your stress in a healthy way?
 Never Some of the time Most of the time Always
10. Over the past two weeks, how often have you been bothered by the following problem:
Little interest or pleasure in doing things.
 Not at all Several days More than half of the days Nearly every day
11. Over the past two weeks, how often have you been bothered by any of the following problems:
Feeling down, depressed, or hopeless.
 Not at all Several days More than half of the days Nearly every day
12. Is there one thing you would like to do to be healthier?
 Move more Eat more real foods Drink more water Get better rest
 Get help with feelings of sadness Get help with feeling anxious
 Other: _____



Healthy Choices Count!

SMALL STEPS

FOR A HEALTHY PREGNANCY

WHEN IT COMES TO THE HEALTH OF YOU AND YOUR BABY, SMALL STEPS CAN GO FAR!

EAT WELL



Fresh, natural foods help your baby grow!

- Choose foods in their natural form. Eat less packaged food.
- Eat a variety of fruits and veggies. It's good for you, and may even teach your baby to like different tastes!
- If some raw vegetables bother your stomach, cook them. Try roasting, steaming, or sautéing.
- Iron is important. Lean red meats, poultry, beans, and peas are all good sources.
- Most women need only 300 extra calories each day during pregnancy. That's a piece of whole wheat toast with peanut butter and an apple.
- Limit sugary drinks. Reach for water instead.

MOVE MORE



There's no better time to be active!

- Pregnancy is a great time to explore being active! Now is the time to set healthy patterns for you and your baby.
- For most women, it's safe to be active. Walking, swimming, fitness classes, or prenatal yoga are all good options.
- Moving for 30 minutes on most days is good for you and your baby. You can split it up — 10 minutes at a time has benefits.
- Stay comfortable while you're active—wear loose clothing, stay out of the heat, and drink plenty of water.
- Being active helps with some aspects of pregnancy, like constipation and leg swelling.

FEEL BETTER



Take care of your body *and* your mind!

- Call your health care provider or come in for a visit if you have symptoms of depression.
- If you think your stress/anxiety is becoming too much to handle, talk to your family, friends and especially your health care provider.
- Sleep is a priority! Try for at least 8 hours of sleep, and take short naps if you are still tired.
- Find time to relax. Take 10 minutes a day of quiet time to refocus and energize.

— Adapted from Maine Health's *Let's Go Small Steps Guide*



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