



Wisconsin Association for Home
and Community Education, Inc.

HCE Healthy Lifestyle Survey

Get moving and eat healthy with HCE members across Wisconsin. Please reply to this four-question survey about maintaining your healthy lifestyle for thirteen weeks, between February 15 and May 8, 2021.

Name (optional) _____

County _____, Wisconsin

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

walking hiking running dancing bowling
 biking spinning yoga swimming Tai Chi
 Strong Bones or other exercise class exercise DVD
 Other (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. How many ½ cup servings of fruits & vegetables do you usually eat daily?

8 or more 5 - 7 1 - 4 zero

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

Most About half Some Very little Unsure

Questions? Email Lynn at nicfoundation.lynn@gmail.com or phone 715.823.4829

Return your completed forms to your County Coordinator, or email or postal mail individual surveys by June 15, 2021.

Send results to: Vice President of Family and Community Life
Lynn Marcks
N2837 County Road Y
Clintonville, WI 54929