



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, 2022.

**Name (optional)** \_\_\_\_\_

**County** \_\_\_\_\_ **District** \_\_\_\_\_

**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](mailto: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