

TAKING CARE OF YOURSELF

The following items are things people sometimes do that affect their health. Please think about what you did in the last two weeks. Keep in mind that we want to know what you actually did, not what you would like to have done. Please use one of the following answers to describe how often you did each thing:
(USE RESPONSE CARD)

Never	Almost Never	Sometimes	Fairly Often	Very Often
0	1	2	3	4

In the last two weeks, how often did you: (REPEAT PROMPT AS NEEDED)

1)...exercise for at least 15 minutes?

(IF APPROPRIATE:) What exercise did you do? _____

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

2)...get enough sleep?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

3)...drink milk, eat dairy products (such as yogurt or cheese), or take a calcium supplement?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

Pregnancy-Related Health Behaviors Scale

In the last two weeks, how often did you:

4)...eat fatty or oily foods?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

5)...smoke cigarettes?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

6)...take vitamins?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

7)...eat snack foods instead of a regular meal?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

8)...stand on your feet for long periods of time?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

9)...drink things with caffeine such as coffee or colas?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

Pregnancy-Related Health Behaviors Scale

In the last two weeks, how often did you:

10)...eat enough food to satisfy your hunger?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

11)...stretch your muscles or do calisthenics?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

12)...eat high-fiber foods such as whole grain breads or cereals?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

13)...lift heavy objects or do lots of bending?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

14)...use medicines prescribed by a doctor other than vitamins?

(IF APPROPRIATE:) What did you take? _____

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

Pregnancy-Related Health Behaviors Scale

In the last two weeks, how often did you:

15)...over-stretch or twist your body?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

16)...drink alcohol, including wine or beer or liquor?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

17)...get some extra sleep because you felt tired?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

18)...drink enough fluids?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

19)...smoke pot or marijuana?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

20)...eat more food than you needed to?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

Pregnancy-Related Health Behaviors Scale

In the last two weeks, how often did you:

21)...skip a meal, such as breakfast or lunch?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

22)...use cocaine, crack, or other hard drugs?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

23)...eat a balanced diet, including fruits and vegetables?

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4

24)...use store-bought medicines such as aspirin or cough syrup?

(IF APPROPRIATE:) What did you use? _____

NEVER	ALMOST NEVER	SOMETIMES	FAIRLY OFTEN	VERY OFTEN
0	1	2	3	4