

**Teach Well - Gimme 5 Atlanta  
R18 – Self Efficacy – Adult**

<b>How sure are you that you can do these things?</b>	<b>A</b> Very sure I can	<b>B</b> I think I can	<b>C</b> Unsure, Don't Know	<b>D</b> I think I cannot	<b>E</b> Very sure I cannot
1. Stick to low fat foods when you feel depressed, bored, or tense?	A	B	C	D	E
2. Stick to low fat foods when there are high fat foods available at a party?	A	B	C	D	E
3. Stick to low fat foods when you are eating with friends or coworkers?	A	B	C	D	E
4. Stick to low fat foods when you are alone and there is no one there to watch you?	A	B	C	D	E
5. Stick to low fat foods when you are too tired to prepare something healthy?	A	B	C	D	E
6. Stick to low fat foods when you have guests staying at your house?	A	B	C	D	E
7. Stick to low fat foods when others are eating high fat foods in front of you?	A	B	C	D	E
8. Stick to low fat foods when you must eat in a hurry?	A	B	C	D	E
9. Stick to low fat foods when somebody offers you a high fat food?	A	B	C	D	E
10. Eat fruit instead of cookies, candy, cake or ice cream for dessert?	A	B	C	D	E
11. Eat fruit instead of cookies, candy, cake or ice cream for snacks?	A	B	C	D	E
12. Avoid junk food that other family members have brought into your home?	A	B	C	D	E
13. Eat carrots, celery and raw vegetables instead of dips, crackers or chips for snacks?	A	B	C	D	E
14. Eat meatless (vegetarian) entrée for dinner?	A	B	C	D	E
15. Substitute low fat or nonfat milk instead of whole milk?	A	B	C	D	E
16. Cut down on gravies and cream sauces?	A	B	C	D	E
17. Eat poultry and fish instead of red meat for dinner?	A	B	C	D	E
18. Eat at restaurants that offer a variety of low fat choices?	A	B	C	D	E
19. Eat poultry without skin?	A	B	C	D	E
20. Substitute foods like beans, peas, lentils, potatoes, corn, rice, or bread for some of the meat in your diet?	A	B	C	D	E
21. Bake, broil, barbecue or steam food instead of frying?	A	B	C	D	E

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22. Use low fat or nonfat salad dressings and mayonnaise?	A	B	C	D	E
23. Cook vegetables without adding fat (butter, margarine, fatback) to them?	A	B	C	D	E
24. Drink fruit juice instead of a soft drink or Koolade?	A	B	C	D	E
25. Drink a glass of juice with breakfast?	A	B	C	D	E
26. Eat fruit at breakfast?	A	B	C	D	E
27. Eat a salad for lunch?	A	B	C	D	E
28. Add lettuce to your favorite sandwich	A	B	C	D	E
29. Eat carrot or celery sticks instead of chips for lunch?	A	B	C	D	E
30. Eat vegetable soup for lunch?	A	B	C	D	E
31. Read labels for fat content?	A	B	C	D	E
32. Serve low fat foods to family and friends?	A	B	C	D	E
33. Add fruit and vegetables to your weekly shopping list?	A	B	C	D	E
34. Leave out a bowl of fruit and vegetables for snacks?	A	B	C	D	E
35. Keep problematic high fat foods out of sight?	A	B	C	D	E
36. Offer fruit and vegetables with meals to family and friends?	A	B	C	D	E
37. Purchase low fat foods?	A	B	C	D	E
38. Get up early, even on weekends, to exercise?	A	B	C	D	E
39. Stick to your exercise program after a long, tiring day at work?	A	B	C	D	E
40. Stick to your exercise program when your family is demanding more time from you?	A	B	C	D	E
41. Stick to your exercise program when you have household chores to attend to?	A	B	C	D	E
42. Stick to your exercise program even when you have excessive demands at work?	A	B	C	D	E
43. Stick to your exercise program when social obligations are very time consuming?	A	B	C	D	E
44. Get up earlier to exercise?	A	B	C	D	E
45. Exercise even though you are feeling depressed?	A	B	C	D	E
46. Set aside time for exercise; for at least 30 minutes, 3 times per week?	A	B	C	D	E
47. Continue to exercise with others even though they seem too fast or too slow for you?	A	B	C	D	E
48. Stick to your exercise program when undergoing a stressful life change (e.g. divorce, death or illness in the family)?	A	B	C	D	E