

STAGES OF CHANGE (5 A DAY)

1. How many servings of fruits and vegetables do you usually eat each day?						
zero <input type="radio"/>	one <input type="radio"/>	two <input type="radio"/>	three <input type="radio"/>	four <input type="radio"/>	five <input type="radio"/>	six or more <input type="radio"/>
↓	↓	↓	↓	↓	↓	↓
↓	↓	↓	↓	↓	↓	↓
(If you answered between “zero” and “four” to question 1, go to question 3.)					(If you answered “five” or “six or more” to question 1, go to question 2.)	
↓					↓	
3. Do you intend to start eating 5 or more servings of fruits and vegetables a day in the next 6 months?					2. Have you been eating 5 or more servings of fruits and vegetables a day for more than 6 months?	
<input type="radio"/>	No, and I do NOT intend to in the NEXT SIX MONTHS.				<input type="radio"/>	Less than 6 months
<input type="radio"/>	Yes, I intend to in the NEXT SIX MONTHS.				<input type="radio"/>	More than 6 months
<input type="radio"/>	Yes, I intend to in the NEXT 30 DAYS.					