

Date:



HOW HEALTHY ARE YOU?

Answer the following questions about you

1 How often and how intense do you exercise?

2 How many times a day do you eat?

3 How many calories do you consume each day?

4 Do you eat fruits and vegetables?

5 How many hours do you spend watching TV / videos?

6 How many hours of quality sleep do you get?

7 Does anything stress you out? If so, how do you cope?

8 How energetic do you generally feel throughout the day?

9 How much fluid do you intake daily and what kind?

10 Do you take time to read or self reflect/meditate?

These questions are simple and require you to reflect on your typical behaviors and experiences. The results often provide a broad overview, categorizing your habits as generally good, needing improvement, or areas where you might want to focus more attention.

Ultimately, this basic self-assessment serves as a tool to increase your self-awareness regarding your fitness and wellness habits and can motivate you to consider making positive changes for a healthier lifestyle.

