A Little About Me and My Healthy Living Habits

I am currently active in the following activities:

I think my fitness level is:

My attitudes toward physical fitness are shaped by:

I could improve my fitness level if:

Physical activities I am good at include:

I didn’t enjoy these activities in the past:

I’d like to try:

My family/friends and I are active in:

1. To me, healthy active living means:
2. Healthy active living is important to me because:
3. How important is each of the following in achieving a healthy active lifestyle?

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Of No  Importance | Of Little  Importance | Of Some  Importance | Very  Important |
| - Adequate rest and good sleep |  |  |  |  |
| - A good diet |  |  |  |  |
| - Low calorie snacks between meals |  |  |  |  |
| - Maintenance of a healthy weight |  |  |  |  |
| - Participation in social activities |  |  |  |  |
| - Control of stress |  |  |  |  |
| - Regular physical activity (sports, activities, games) |  |  |  |  |
| - Adequate medical and dental care |  |  |  |  |
| - Positive thinking/meditation |  |  |  |  |