# **Physical Fitness and Physical Activity**

Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Case Number\_\_\_\_\_\_\_\_\_\_\_

In general, compared to other people your age, rate how physically fit you are.

If 1 is not active at all and 10 is extremely active and fit, what number between 1 and 10 are you? (please circle)

**Not at all Active** 1 2 3 4 5 6 7 8 9 10 **Extremely Active**

How often do you engage in moderate exercise such as brisk walking, biking, swimming, jogging, or vigorous yard work, for at least 20 minutes?

 \_\_ 5 times or more per week

 \_\_ 3-4 times a week

 \_\_ 1-2 times a week

 \_\_ Less than once a week

 \_\_ Seldom or never

How long have you been exercising or doing some type of physical activity regularly?

 \_\_ Not at all

 \_\_ Less than 1 year

 \_\_ 1-2 years

 \_\_ 2-5 years

 \_\_ 5 years or more

What are your wellness or fitness goals? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What times and/or days of the week are you available to workout?

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## Healthy Eating

In general, compared to other people your age, rate your eating habits.

If 1 is very unhealthy and 10 is extremely healthy, what number between 1 and 10 are you? (Please circle)

**Very Unhealthy** 1 2 3 4 5 6 7 8 9 10 **Very Healthy**

How often do you eat fruits?

 \_\_ At least once a day

 \_\_ A few times a week

 \_\_ About once a week

 \_\_ Less than once a week

 \_\_ Never

How often do you eat vegetables?

 \_\_ At least once a day

 \_\_ A few times a week

 \_\_ About once a week

 \_\_ Less than once a week

 \_\_ Never

How hard is it to eat healthy (1 is very hard, 10 is very easy) \_\_\_\_\_\_\_\_\_\_\_?

How much pop do you drink? (please circle cup, cans, or bottles)

 \_\_ 5 or more a day (cups, cans, 2 liter bottles)

 \_\_ 4-5 a day (cups, cans, 2 liter bottles)

 \_\_ 2-3 a day (cups, cans, 2 liter bottles)

 \_\_ 1 a day (cups, cans, 2 liter bottles)

 \_\_ A couple times a week

 \_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How often do you feel you eat healthy meals?

 \_\_ 6 times or more a day

 \_\_ 4-5 times a day

 \_\_ 2-3 times a day

 \_\_ 1 time a day

 \_\_ A couple times a week

 \_\_ Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How much water do you drink daily?

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ cups

## Habits

What do you feel is your most positive habit for your health?

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What do you feel is your most negative habit for your health?

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