

Name: _____ Date: _____

Health Survey

Interview each person and write in their response to each statement using the scale of 1–5.

	Strongly agree				Strongly disagree
	1	2	3	4	5
1. I enjoy sessions of vigorous exercise.					
2. I find it difficult to do strenuous exercise for an extended period.					
3. I huff and puff when I climb stairs.					
4. It takes me a long time to regain my health after being sick.					
5. I am a healthy weight.					
6. I sleep well at night.					
7. I have regular dental check-ups.					
8. I eat more than I need to.					
9. The food I eat is nutritious.					
10. I regularly snack on fatty foods such as meat pies, pizza and chips.					

Look at your responses to the statements above. In your opinion, how fit and healthy are the people you surveyed?

What changes could people make in their life to improve their health?
