

Physical

4	3	2	1	0	
					I believe my body is in good physical condition.
					I participate in moderate recreational activities at least once a week.
					I participate in a vigorous sporting activity at least once a week.
					I attend yearly checkups with a physician.
					When sitting at a desk, I sit up straight with my feet planted firmly on the ground.
					I attempt to stand and walk with good posture, not slumped over.
					I feel that I am not obese, but possible slightly over weight.
					I think my diet is balanced and wholesome.
					I am aware that I feel different when I eat different foods and chose foods that help me feel good.
					I drink fewer than 5 alcoholic drinks per week and less than 5 soft drinks per week.
					I have plenty of energy.
					I get adequate sleep and awake refreshed.
					I climb stairs rather than ride elevators
					I do some form of stretching exercise for 10 to 20 minutes at least twice a week.

Scoring:

___ + ___ + ___ = ___ = Total points for this section

Divided by ___ (number of statements answered) =

___ . ___

Average score for this section

- 4 = Yes, always or usually
- 3 = Often
- 2 = Sometimes, maybe
- 1 = Occasionally, rarely
- 0 = No, never or hardly ever