

Self report questionnaire (Free download)

(This questionnaire is a focus activity only and will be summarized at the end. It will not give you a reading stating your current health and fitness).

On a scale of 1 – 10 how healthy would you rate yourself?

1 2 3 4 5 6 7 8 9 10

On a scale of 1 – 10 how fit would you say you are?

1 2 3 4 5 6 7 8 9 10

When you wake up in a morning do you?

- a) Want to go back to sleep
- b) Get up straight away
- c) Think “Oh no here we go again”
- d) Look forward to the days challenges

What do you normally have to eat or drink first thing in a morning?

- a) Drink of water
- b) Cup of tea or coffee
- c) Cereal or toast
- d) Cooked breakfast
- e) Nothing

Do you shower or bathe each day?

- a) Every day
- b) Every other day
- c) Three to four times a week
- d) Weekly

How many cups of tea or coffee do you drink daily?

- a) None
- b) 2-4
- c) 5-7
- d) More than 7

Do you smoke?

- a) Not at all
- b) Up to ten cigarettes
- c) 10-20 cigarettes
- d) More than 20

Do you drink alcohol?

- a) Daily
- b) 2 or 3 times a week
- c) Weekly
- d) Not at all

Continued.....

When drinking alcohol how many units on average per drinking session?

- a) 1-3 units (1 unit equals 1 glass of wine or a half a pint of beer)
- b) 4-7 units
- c) More than 7 units

What is your resting heart rate?

- a) 40-50 Beats Per Minute (BPM)
- b) 51-70 BPM
- c) 71-90BPM
- d) More than 90 BPM

(Please consider your age when measuring your pulse as in adulthood after the age of 40 your pulse rate may increase to above average)

What is your Body Mass Index (BMI)?

Body Mass Index is a more accurate way to calculate whether you are overweight or not based upon your weight and height.

To calculate your BMI **Weight in kilos divided by your height squared**

- a) Below 18.5 Underweight
- b) 18.5 – 24.9 Normal
- c) 25.0 – 29.9 Overweight
- d) 30.0 + Obese

Have you had your blood pressure checked lately, if so was it?

- a) High
- b) Low
- c) Normal

How often do you take part in strenuous activity?

- a) Never
- b) Once a month
- c) Once a week
- d) Several times a week

What kind of physical activity do you undertake?

- a) Sports
- b) Aerobic fitness
- c) Gym
- d) Labour intensive work

Do you take regular exercise? (Up to four times a week)

- a) Yes
- b) No

What kind of exercise do you undertake?

- a) Walking
- b) Physical recreation
- c) Exercise classes

Do you eat regularly?

- a) 3-4 meals a day
- b) 2-3 meals a day
- c) 1 meal a day and snacks

Do you snack a lot?

- a) Yes
- b) No

When you do snack what kind of snacks do you take?

- a) Biscuits
- b) Chocolate
- c) Crisps
- d) Fruit / meal replacement bars

Do you feel tired in the afternoons?

- a) Sometimes
- b) Never
- c) Occasionally

How many hours sleep do you normally take?

- a) 6-8 hours
- b) 8-9 hours
- c) 9-10 hours
- d) 10 hours +

Do you have your recommended daily intake of fruit and vegetables? (5 portions)

- a) Yes
- b) No
- c) More
- d) Less

Do you take food or vitamin supplements?

- a) Yes
- b) No

To answer your self report questionnaire

When grading yourself in the health and fitness questions find two contrasting people and make your comparisons to them, for example how fit are you? Choose two people whom you consider to be at contrasting levels of fitness such as Paula Radcliffe at the top end scoring a rating of ten, and somebody like Bernard Manning at the lower end of the scale scoring a fitness rating of one.

A good indicator of well being comes from motivation and having the right balance of healthy living in your life, so when you wake up in the morning you should be rested sufficiently to face the day's challenges with high motivation (the feel good factor). This will further be enhanced by a glass of water giving your body an energy burning component to prolong motivation and endurance in the day's tasks. There are many published materials telling you about how your breakfast can be the most important meal of the day and this should constitute complex carbohydrates in the form of cereal or whole meal toast. Tea and coffee are stimulants and therefore should be taken in moderation so the average daily intake should not exceed 4 cups per day. They also contribute to dehydration and cause the liver to work hard in the filtration of the fluids.

In terms of health and well being; personal hygiene is a must for any social environment so taking a shower in the morning is a great way of contributing to your overall health, as well as a revitalizing activity after a good nights sleep.

We all know the side effects and health related illnesses caused by smoking but if you can control your habit, you will feel better and feel energized when restricting the amount, but it is obviously better not to smoke. Alcohol in moderation is entirely acceptable (Except when driving) as the effects do have a calming influence on the body, but as with tea and coffee causes the liver to work harder. Published materials indicate that anything more than three units a day (averaged over the week) do indicate some degree of alcoholism.

The average resting pulse rate of an adult is between 60-80 beats per minute and with a normal healthy adult the lower the better which indicates that the heart is strong and needs less repetition work to pump the blood around the body. However the heart is a muscle just like the others and needs to be trained and worked in order to function effectively. That means raising your pulse in to your training zone at least three times a week for between 30-40 minutes should help this healthy functioning. It is important to remember that not everybody is the same and it is worth noting that this needs to be monitored with health and fitness professionals in order to find the right degree of intensity, depending upon your age and circumstance.

Body Mass Indexing is the preferred method by which GPs and health professionals monitor your weight, it looks at the physique as a whole but does not take in to consideration an increase in muscle mass from another training regime, so if you already undertake a heavy training programme this may not give an accurate record. On the other hand blood pressure is a significant method of assessing how well the heart is functioning; the measurement assesses the amount of pressure the blood vessels are under during each pump of the heart, and when it is at rest, in between pulses.

It is quite important to differentiate between strenuous exercise and regular exercise, strenuous is usually associated with athletes working to achieve maximum fitness and regular exercise is generally a regime that keeps the body ticking over so that it can cope with every day situations such as running for a bus without becoming fatigued,

and contributes to weight management. Ideally the average person should undertake exercise sessions between three and four times a week for approximately 40 minutes to 1 hour. The session should be balanced so as to include cardio vascular work (Exercises that make you breathe harder for prolonged periods), muscular strength and endurance activities with a section on stretching to maintain flexibility. All sessions must include a warm up and cool down period. There are many types of exercise programme's and classes out there, but in order to maintain interest it is worth considering the old cliché of "A change is as good as a rest".

Eating regularly with a balanced diet (balanced meaning a good mixture of food) ensures the body has the fuel to be able to cope with its required demands. It is said that one should have a wholesome breakfast followed by a carbohydrate lunch and a protein contained evening meal, however everybody is different and special dietary requirements need to be discussed with a dietician. When the body does not receive its full nourishment we tend to snack in order to try and boost the energy requirements, usually in the afternoon when blood sugar levels appear to be low. This is a common mistake as those people tend to eat biscuits for the instant sugar boost, but this is far more easily rectified by eating fruits and complex carbohydrates.

It is strongly recommended by most health authorities that individuals should take in five pieces of fruit and vegetables each day to provide the body with sufficient vitamins and minerals to allow the body to function normally, and to boost the immune systems. These can be taken at intervals and spread evenly across all meals, which if taken, minimize the need for vitamin supplements as the body recognises the difference between artificial and natural vitamins.

If an individual follows these recommendations and enforces these lifestyle plans it should in most cases reduce the risk of illness and prolong the health and well being of that person, as long as it is complimented with a good nights sleep of between 8 and ten hours.

Now you have answered the questions and read the summary go back to the first two questions to see if you would now answer differently?