

HEALTHY HABITS QUESTIONNAIRE.

Using questions 1 and 2 as examples, create as many questions as you wish or need to evaluate someone's health. At the end of the questionnaire, write a brief report about his HEALTH CONDITION.

Make suggestions for improvement.

To complete this objective you can look for information on:

www.educaolimpicos.weebly.com → 1º ESO → Physical Fitness → Healthy guidelines and habits.

Person being evaluated: _____.

Age: _____ *Weight:* _____ *Height:* _____.

QUESTIONS	QUESTIONNAIRE GRADES.				
	NEVER	RARELY	SOMETIMES	OFTEN	ALWAYS
1. Do you eat five pieces of fruit daily?					
2. Do you sleep between 7 and 8 hours a day?					
.....					

HEALTH EVALUATION ACORDING TO THE QUESTIONNAIRE RESULTS.

STRENGTHS	AREAS OF IMPROVEMENT	SHORT TERM GOAL	LONG TERM GOAL