

What is Your Physical Fitness Level?

To the right of each statement indicate if each statement is true for you. Take note of which statements are not true for you in regards to your physical fitness level.

- ★ I do 30 minutes of aerobic activity at least 3 times a week.
(20 minutes where you are at your target heart rate) _____
- ★ I get 7 to 8 hours of sleep a night.
(I do not feel tired, run-down or fatigued) _____
- ★ I do not use drugs.
(Using tobacco/alcohol interferes with performance) _____
- ★ I do strength training/weight bearing exercises 2-3 times a week.
(Weightlifting, bucking bails of hay) _____
- ★ I do stretching and flexibility exercises. _____
- ★ I warm-up before I exercise, and cool-down after I exercise. _____
- ★ I have a doctor's check up/exam each year. _____
- ★ I have a vision check up every two years. _____
- ★ I have a dental check up at least once a year. _____
- ★ My blood pressure is within the normal/healthy range. _____
- ★ My cholesterol is within the normal/healthy range. _____
- ★ My percentage of body fat is within the normal/healthy range. _____
- ★ I am satisfied with my current weight. _____

What is Your Nutritional Fitness Level?

To the right of each statement indicate if each statement is true for you. Take note of which statements are not true for you in regards to your nutritional fitness level.

- ★ I drink at least 64 ounces of water a day.
(8 – 10 glasses of water a day) _____
- ★ I limit my intake of caffeine.
(1 soda a day or 1 cup of coffee a day) _____
- ★ I avoid using alcohol.
(Using alcohol interferes with performance) _____
- ★ I choose healthy snacks between meals. _____
- ★ I eat at least 2 servings of fruit a day. _____
- ★ I eat a minimum of 3 servings of vegetables a day. _____
- ★ I choose whole grains for my carbohydrate intake.
(whole grains vs. refined {white bread} or sugar carbs.) _____
- ★ I eat junk food only in moderation. _____
- ★ I am fulfilling my daily calcium needs. _____
- ★ I am fulfilling my daily iron needs. _____
- ★ I am meeting my daily needs of protein. _____
- ★ I take a multivitamin everyday.
(Or I meet my vit/min daily needs through diet) _____
- ★ I eat breakfast everyday. _____

What is Your Level Of Social Health? (Assessing your relationship skills)

To the right of each statement indicate if the statement is true for you. Take note of which statements are not true for you in regards to your level of social health.

- ★ I can easily & effectively express my thoughts and feelings to others _____
- ★ I am a good listener and practice active listening _____
- ★ I can accept/will consider feedback from others (compliments, criticism, etc.) _____
- ★ I will continue to participate in groups/activities even if I don't get my way _____
- ★ I can say "No" to others when appropriate _____
- ★ I can accept differences in others (race, politics, etc.) _____
- ★ I have good conflict resolution skills _____
- ★ I feel comfortable with males my own age _____
- ★ I feel comfortable with females my own age _____
- ★ I feel comfortable with adults _____
- ★ I do not gossip _____
- ★ I consider the needs/feelings of others in decision making _____
- ★ I have good financial management skills _____
- ★ I have role models/mentors with positive, healthy relationships _____

What is Your Level Of Mental Health?

To the right of each statement indicate if the statement is true for you. Take note of which statements are not true for you in regards to your level of mental health.

- ★ I feel comfortable with myself/I have a good self-esteem _____
- ★ I have good stress management skills _____
- ★ I manage my time wisely _____
- ★ I have goals that I'm actively working toward _____
- ★ I am assertive, and stand up for what I believe in _____
- ★ I have a support network of family, friends, etc. _____
- ★ I'm willing to ask for help when I need it _____
- ★ I accept responsibility for mistakes without blaming/excuses _____
- ★ I am persistent and resilient in dealing with problems _____
- ★ I do not avoid or "cope" with problems by choosing harmful behaviors (alcohol, violence, etc.) _____