

# Questions about your Physical Health



1. I eat at least 5 portions of fruit and veg every day.

True False  
1 2 3 4 5 6 7 8 9 10

2. I exercise vigorously for at least 10 minutes every day – or 20 minutes every other day or 30 minutes 3 times a week.

True False  
1 2 3 4 5 6 7 8 9 10

3. When I am worried about my health I make an appointment with my GP to talk about it.

True False  
1 2 3 4 5 6 7 8 9 10

4. I make sure I get enough sleep and if I have a bad night, I catch up the next night.

True False  
1 2 3 4 5 6 7 8 9 10

5. I like looking after myself. I know I can't do everything I want to if I don't eat right.

True False  
1 2 3 4 5 6 7 8 9 10

6. I eat a good diet, low in saturated fats, sugar and starch, I avoid take-aways and fast food. I try to always eat food that is freshly cooked.

True False  
1 2 3 4 5 6 7 8 9 10

7. I have at least one hobby/interest that involves me in physical activity: I go on long walks; swim; cycle; go to the gym; dance.

True False  
1 2 3 4 5 6 7 8 9 10

8. I go for regular sexual health check ups (or I never have sex with a partner).

True False  
1 2 3 4 5 6 7 8 9 10

9. I take regular breaks at work and relax at the weekend, I keep my work/life balance healthy.

True False  
1 2 3 4 5 6 7 8 9 10

10. I find it easy to cut back on alcohol and the wrong kind of food if I think it is making me ill.

True False  
1 2 3 4 5 6 7 8 9 10