

Fitness Assessment

#	Questions	No	Yes
1	Do you exercise consistently 3 to 6 times per week for thirty minutes?		
2	Do you NOT smoke tobacco?		
3	Do you monitor your diet eating mostly lean proteins?		
4	Do you regularly eat 2-3 cups of raw and steamed vegetables a day?		
5	Do you eat only complex carbohydrates?		
6	Do you drink enough water? (Dr. Oz says to drink half your weight in ounces. Example: A 160 lb. person would drink 80 ounces, which is ten 8 oz. glasses of water)		
7	Do you get enough sleep? (7 – 8 hours a night)		
8	Do you take time to relax and de-stress?		
9	Do you avoid drinking colas and other phosphoric acid containing drinks no more than 1 to 4 times a month?		
10	Do you (and can you) walk up a flight of stairs without getting winded?		
11	Are you the right weight for your height?		

If you answered “yes” to all of these questions, you are doing well. Keep it up!

Where you answered no, is an area where you can improve.
Make a commitment now to start doing what it takes to improve these areas.