

# **FITNESS ASSESSMENT**

## **Awareness Exercise**

### **Worksheet**

This is a reality check for your fitness. It is not just restricted to you weight, it is about habits that are important for your total health. For example:

- How consistent are you with your sleeping habits?
- Do you eat mostly whole foods ?
- Do you need to drink less coffee?

What one health habit can you start today that will make a big difference? For example:

- Get to bed at the same time every night?
- Commit to exercise at least one day a week for fifteen minutes until it becomes a habit
- Cut down on eating fast foods even if it is just one day a week less

Make a commitment to yourself and put yourself in training to cultivate this new health habit.

---

Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

#### **DETAILS:**

##### **Fitness Assessment**

#### **Estimated time:**

**Two - Three Minutes**

#### **Intended for:**

- Anyone who wants to get a clearer picture of his/her health habits.
- Has a desire to be more fit and is willing to take steps to create better health habits.

#### **Upon completing this exercise:**

You will have a clearer picture of where you are with your health habits.

#### **Materials required:**

1. Fitness Assessment
2. Printer.

#### **Prerequisites:**

None.

# Fitness Assessment

#	Questions	No	Yes
1	I exercise consistently 3 to 5 times per week for thirty minutes.		
2	I do not smoke tobacco or use illicit drugs.		
3	I eat mostly whole foods; avoid MSG, aspartame, transfat and fast foods.		
4	I regularly eat 2-3 cups of raw and steamed vegetables a day.		
5	I eat complex carbohydrates like beans, brown rice and whole grains.		
6	I drink half my weight in ounces. (For example, a person weighing 160 pounds would drink 80 ounces of water, which is ten 8 oz. glasses.)		
7	I get to bed by 10-11 p.m. and get 7 – 8 hours of sleep most nights.		
8	I very seldom feel stressed and know how to relax.		
9	I do not drink phosphoric acid containing drinks (colas).		
10	I can walk up a flight of stairs without getting winded.		
11	I weigh what I should for my 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.