

Pre-questionnaire

Evaluate your current well-being. Try to reflect the arguments against your current life situation and lifestyle.

Alternatives:

-  1 Completely agree
-  2 Partially agree
-  3 Cannot say
-  4 Partially disagree
-  5 Completely disagree

Questions

Answers

					
1. I think I am physically active enough to get health benefits.	1	2	3	4	5
2. I think my physical activity is intensive enough to improve my fitness.	1	2	3	4	5
3. In my opinion, my eating habits are healthy.	1	2	3	4	5
4. I feel that my alcohol consumption is not excessive.	1	2	3	4	5
5. I don't generally feel stressed.	1	2	3	4	5
6. My days include breaks that allow me to recover.	1	2	3	4	5
7. I usually feel rested and energetic.	1	2	3	4	5
8. I feel that I sleep enough.	1	2	3	4	5
9. I feel that I can influence the things that affect my health.	1	2	3	4	5
10. In my opinion, I feel well at the moment.	1	2	3	4	5