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

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:  