



The right formula

Taking driving into the classroom

Fitness and Nutrition – Theme 7: Keeping fit

Activity 7a

How fit are you?

This questionnaire (**Worksheet 7a: Questionnaire: How fit are you?**) will help you check your overall fitness and energy level by giving an indication of how fit you are. Do it privately and be totally truthful... to yourself.

- Tick one answer for each question.
- Use the **Scoring Sheet** (your teacher will provide) to score each answer.
- Total your score and read the appropriate notes for an overview of your fitness level.
- Find out how to improve your lifestyle in areas that you have not scored well (see **Factsheet 7a: A healthy lifestyle**).

Class organisation

Individual work

Resources

Worksheet 7a:
Questionnaire:
How fit are you?

Factsheet 7a:
A healthy lifestyle

Scoring sheet