

The right formula

Taking driving into the classroom

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The Ultimate
Driving Machine

Fitness and Nutrition – Theme 7: Keeping fit

Worksheet 7a

Questionnaire - How fit are you?

Tick one answer for each question.

Use the **Scoring Sheet** (your teacher will provide) to score each answer.

1. How often do you exercise?

- a) Every day
- b) 2-3 times a week
- c) When you feel like it

2. How do you feel about your weight?

- a) It is about right
- b) Need to lose some weight
- c) Need to gain some weight

3. How often do you feel relaxed and happy with yourself?

- a) Most of the time
- b) Sometimes
- c) Not very often

4. Do you get the sleep that your body needs?

- a) Every night
- b) Most of the time
- c) Rarely

5. Do you smoke tobacco products?

- a) Never
- b) Sometimes
- c) Often

6. How often do you have alcoholic drinks?

- a) Never
- b) On special occasions only
- c) When out with friends

7. Do you feel short of breath?

- a) Only after exercising
- b) When walking fast or going up stairs
- c) Most of the time

8. How often do you eat fresh fruit and vegetables?

- a) Every day
- b) Most days
- c) Occasionally

9. Do you have breakfast in the morning?

- a) Every day
- b) Most days
- c) Only when you have time

10. Do you feel that you cannot be bothered to do something you had planned to do?

- a) Often
- b) Sometimes
- c) Very rarely

11. What do you do when you are stressed or worried?

- a) Talk about it with a friend or your family
- b) Keep it to yourself
- c) Tell everyone you know

12. What do you do when you wake up in the morning?

- a) Get up straight away
- b) Lie in bed for a while
- c) Lie in bed as long as possible

13. How many sweet snacks do you have a day?

- a) None or one
- b) 2 to 3
- c) 4 to 5+

14. What do you usually drink when you feel thirsty?

- a) Water
- b) Juice drinks
- c) Fizzy drinks

15. How often do you watch TV?

- a) Every evening
- b) Often but only specific programmes you like
- c) Occasionally