

The right formula

Taking driving into the classroom

BMW Education

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The Ultimate
Driving Machine

Teachers notes

Worksheet 7a: Questionnaire: How fit are you?

Scoring Sheet

1. How often do you exercise?

- a) Every day (3 points)
- b) 2-3 times a week (2 points)
- c) When you feel like it (1 point)

2. How do you feel about your weight?

- a) It is about right (3 points)
- b) Need to lose some weight (2 points)
- c) Need to gain some weight (2 points)

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

- a) Most of the time (3 points)
- b) Sometimes (2 points)
- c) Not very often (1 point)

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

- a) Every night (3 points)
- b) Most of the time (2 points)
- c) Rarely (1 point)

5. Do you smoke tobacco products?

- a) Never (3 points)
- b) Sometimes (1 points)
- c) Often (0 points)

6. How often do you have alcoholic drinks?

- a) Never (3 points)
- b) On special occasions only (2 points)
- c) When out with friends (1 point)*

7. Do you feel short of breath?

- a) Only after exercising (3 points)
- b) When walking fast (2 points)
or going up stairs
- c) Most of the time (1 points)

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

- a) Every day (3 points)
- b) Most days (2 points)
- c) Occasionally (0 points)

9. Do you have breakfast in the morning?

- a) Every day (3 points)
- b) Most days (2 points)
- c) Only when you have time (1 point)

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

- a) Often (1 point)
- b) Sometimes (2 points)
- c) Very rarely (3 points)

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

- a) Talk about it with a friend (3 points)
or your family
- b) Keep it to yourself (0 points)
- c) Tell everyone you know (1 point)

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

- a) Get up straight away (1 point)
- b) Lie in bed for a while (3 points)
- c) Lie in bed as long as possible (2 points)

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

- a) None or one (3 points)
- b) 2 to 3 (2 points)
- c) 4 to 5+ (1 point)

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

- a) Water (3 points)
- b) Juice drinks (1 point)
- c) Fizzy drinks (0 points)

15. How often do you watch TV?

- a) Every evening (1 point)
- b) Often but only specific (2 points)
programmes you like
- c) Occasionally (3 points)

* If you are under 18, you get 0 points

Your Total Score:

31-45 You have a healthy lifestyle and you should have enough energy to do the things you want to do. Make a note of any questions where you did not score well (1 or 0) and try to improve on these aspects of your life. Well done.

20-30 Your lifestyle can be improved with a little extra effort. Make a note of any questions where you did not score well (1 or 0) and try to improve these particular aspects of your life.

10-19 You need to do some serious thinking about your lifestyle and how to improve your long term fitness and health. Start from the simpler tasks first and don't give up. You can do it.