

OPTIMAL PRODUCTIVITY

On average, how many school days do you miss per year for medical reasons?

0-2 / 3-5 / 6-10 / 11-15 / 15+

(not including regular doctor's & dentist's appointments)

Do you think a person's fitness is connected to the number of sick days they take? YES NO

Explain:

If you aren't very fit &/or are overweight you are more susceptible to injuries & illnesses than a fit person with a healthy weight.

FUNCTIONAL FITNESS

If you maintain your current physical condition 30 years from now, are you ___likely or unlikely to suffer from any of the following ailments: postural defects, heart disease, degenerative bone disease, high blood pressure, low back pain, and stress-induced diseases like anxiety and worry.

Are you currently willing to take steps to avoid the above listed problems? YES NO

Explain (what and why):

- Continue exercising (swimming, running, biking, etc)
- Continue eating healthy

LIFE SPAN

There is evidence that physical fitness can contribute to a longer life span. Make predictions about your level of participation in fitness and activities in the future.

At **20 years old** my fitness will be: POOR FAIR **STRONG**

I will participate in the following sports/fitness-related activities:

- swimming
- running
- biking

At **40 years old** my fitness will be: POOR FAIR **STRONG**

I will participate in the following sports/fitness-related activities:

- swimming
- running
- biking

At **60 years old** my fitness will be: POOR FAIR **STRONG**

I will participate in the following sports/fitness-related activities:

- swimming
- running
- biking