



Agilitas Sports

Healthy Lifestyle Questionnaire:

	Never	Sometimes	Most days	Every day
Do you feel stressed or anxious?				
Do you feel you have a sensible balance between work, rest and play?				
Do you worry about your eating habits?				
Do you eat a healthy balanced diet low in sugar and fat?				
Do you eat 5 portions of fruit and vegetables?				
Do you drink 2 liters (8 glasses) of water each day?				
Do you get 8 hours of undisturbed sleep a night?				
Do you have concerns you about your sleeping habits?				
Do you do get 30-60 minutes of sport or moderate exercise?				
Are you physically active at work?				
How often do you drink alcohol?				
Do you have concerns about your drinking?				
How often do you smoke or vape?				
Do you have concerns about your smoking or vaping?				

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