

FIT

How fit am I?

Resource 1: General Health & Fitness Survey**Survey Questions**

Do you consider yourself to be fit?	YES	NO
Do you keep your mind actively thinking?	YES	NO
Do you spend less than ten hours a week watching TV?	YES	NO
Do you meditate?	YES	NO
Do you keep your resolutions to get fit and succeed?	YES	NO
Do you exercise for thirty minutes three times a week?	YES	NO
Do you know what muscles you should be working?	YES	NO
Do you know what form of exercise you like the most?	YES	NO
Do you consider what you eat on a daily basis?	YES	NO
Do you have a balanced and healthy diet?	YES	NO
Do you feel good about your height or weight?	YES	NO
Do you have a healthy level of self-esteem?	YES	NO
Do you consider your faith to be strong?	YES	NO
Do you pray regularly?	YES	NO
Do you make the time to worship God?	YES	NO
Do you tell others about Jesus?	YES	NO
Do you find that you can manage your anger?	YES	NO

If you answered 'NO' to most of these questions then you need to pay special attention to the *Spiritual Health Plan* that considers all of these aspects to be important in becoming a fit and healthy Christian.