



# SIMPLE HEALTH QUESTIONNAIRE

## How to make students aware of their habits

This simple health questionnaire encourages students to reflect and become aware of their habits.

It asks them simple questions about their physical activities, the amount of alcohol/drugs they consume every week.

The aim is not to make them feel bad or guilty but to really encourage them to make changes in their daily routine to introduce more physical and healthier activities and habits.

On a scale of 1 to 10 (1 being never or very rarely and 10 being always or almost always) answer the following questions:

<p><b>Physical activities</b></p> <p>I always have a high level of physical energy</p> <p>When I wake up, I feel rested and ready for a new day</p> <p>I like exercises and do so regularly every week</p> <p>My eating and drinking habits are health</p> <p>My routines for exercising are well set up</p> <p>I have regular 'rests' where I simply 'am'</p> <p>I sleep at least 7 hours almost every day</p> <p>I feel fit and healthy</p> <p>I know what to do to recharge my batteries</p>	<p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p>
<p><b>Mental activities</b></p> <p>I find it easy to concentrate and focus on my work</p> <p>I manage my time effectively and well</p> <p>I have a positive outlook on life</p> <p>I try to find solutions to problems and issues</p> <p>I can easily switch off when not studying/working</p> <p>I like to think about things</p>	<p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p> <p>Scale: 1 2 3 4 5 6 7 8 9 10</p>



<b>Emotional/social activities</b>	
I can recognize my positive and negative emotions	Scale: 1 2 3 4 5 6 7 8 9 10
I am happy with all my emotions and welcome them	Scale: 1 2 3 4 5 6 7 8 9 10
I create good relationships with others	Scale: 1 2 3 4 5 6 7 8 9 10
I get along with my friends	Scale: 1 2 3 4 5 6 7 8 9 10
I get along with my family	Scale: 1 2 3 4 5 6 7 8 9 10
I feel confident	Scale: 1 2 3 4 5 6 7 8 9 10
I feel that I can share with others easily	Scale: 1 2 3 4 5 6 7 8 9 10
I can manage conflict and focus on a positive outcome for all involved	Scale: 1 2 3 4 5 6 7 8 9 10
<b>Spiritual activities</b>	
I have a passion I engage with on a regular basis	Scale: 1 2 3 4 5 6 7 8 9 10
I know what I want to achieve in life	Scale: 1 2 3 4 5 6 7 8 9 10
I have a sense of purpose in life	Scale: 1 2 3 4 5 6 7 8 9 10
I know what my personal values are in life	Scale: 1 2 3 4 5 6 7 8 9 10
I set goals which are aligned with these personal values	Scale: 1 2 3 4 5 6 7 8 9 10
I have a fulfilling life	Scale: 1 2 3 4 5 6 7 8 9 10
I enjoy reconnecting to nature	Scale: 1 2 3 4 5 6 7 8 9 10
I am learning and growing every day	Scale: 1 2 3 4 5 6 7 8 9 10
I am a compassionate human being	Scale: 1 2 3 4 5 6 7 8 9 10