

PRE-QUESTIONNAIRE REPORT

Profile

Eddie Example

Assessment start date

01.11.2011

Questionnaire results

I think I am physically active enough to get health benefits.	😊 Partially agree
I think my physical activity is intensive enough to improve my fitness.	😊 Partially agree
In my opinion, my eating habits are healthy.	😊 Completely agree
I feel that my alcohol consumption is not excessive.	😊 Partially agree
I feel stressed.	😞 Partially agree
My days include breaks that allow me to recover.	😞 Partially disagree
I feel tired frequently.	😊 Partially disagree
I feel that I sleep enough.	😊 Partially agree
I feel that I can influence the things that affect my health.	😊 Partially agree
In my opinion, I feel well at the moment.	😊 Partially agree



Scale of answers:

Completely agree
Partially agree
Cannot say
Partially disagree
Completely disagree

Provided by:

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More information: www.firstbeat.fi/work-well-being

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