

Coahoma Community College Fit for Life Healthy Campus Initiative

Health and Wellness Awareness Survey

Name: _____ Date: _____

1. How important is exercise to you?
 - Extremely important
 - Very important
 - Moderately important
 - Slightly important
 - Not at all important
2. In a typical week, how many times do you exercise?
 - I do not exercise regularly
 - Once a week
 - Twice a week
 - 3-4 times a week
 - 5-7 times a week
3. How satisfied are you with your current body weight?
 - Extremely satisfied
 - Very satisfied
 - Moderately satisfied
 - Slightly satisfied
 - Not at all satisfied
4. Please select any health problems you may have: (check all that apply)
 - High Blood Pressure
 - High Cholesterol
 - Diabetes
 - Stroke
 - Heart problems
 - None
 - Other Please list: _____
5. In general, how would you rate your overall health?
 - Excellent
 - Good
 - Fair
 - Poor

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6. How many fruits and vegetables do you eat daily?

- None
- 1 to 3 fruits and vegetables
- 4 to 5 fruits and vegetables
- 6 or more fruits and vegetables

7. How many cups of water do you drink daily?

- None
- 1 cup of water per day
- 2-4 cups of water per day
- 5-7 cups of water per day
- 8-10 cups of water

8. How many meals do you eat daily?

- 1 meal per day
- 2 meals per day
- 3 meals per day
- 4 meals per day
- 5 or more meals per day

9. How many snacks do you eat daily?

- 1 snack per day
- 2 snacks per day
- 3 snacks per day
- 4 or more snacks per day

10. Overall, how would you rate your eating habits?

- Extremely healthy
- Slightly healthy
- Not at all healthy
- Not sure