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
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