

Health and Fitness Questionnaire

This questionnaire aims to assess your knowledge and habits related to health and fitness. Please answer the following questions

* Indicates required question

1. What is the recommended amount of physical activity for adults per week according to most health guidelines? *

Mark only one oval.

- ☐ 30 minutes per week
- ☐ 150minutes per week
- ☐ 300 minutes per week
- ☐ 600 minutes per week

2. Which of the following is considered a good practice for maintaining cardiovascular health? *

Mark only one oval.

- ☐ Avoiding all fats
- ☐ Regular aerobic exercise
- ☐ Skipping meals to reduce calorie intake
- ☐ Taking dietary supplements only

3. What is the primary benefit of strength training exercises? *

Mark only one oval.

- ☐ Increased flexibility
- ☐ Improved cardiovascular endurance
- ☐ Increased muscle strength and endurance
- ☐ Enhanced balance and coordination

4. Which macronutrient is essential for muscle repair and growth? *

Mark only one oval.

- ☐ Carbohydrates
- ☐ Fats
- ☐ Protein
- ☐ Fiber

5. How much water is generally recommended to drink daily for a healthy adult? *

Mark only one oval.

- ☐ 2 cups
- ☐ 4 cups
- ☐ 8 cups
- ☐ 12 cups

6. What is a common benefit of incorporating mindfulness or meditation into your fitness routine? *

Mark only one oval.

- ☐ A) Increased physical strength
- ☐ Better digestion
- ☐ Improved muscle mass
- ☐ Enhanced mental well-being and stress reduction

7. Which type of exercise is most effective for improving bone density? *

Mark only one oval.

- ☐ Aerobic exercise
- ☐ Flexibility exercises
- ☐ Strength training
- ☐ Balance exercises

8. What should be the primary focus of a balanced diet? *

Mark only one oval.

- ☐ High protein intake only
- ☐ Low carbohydrate intake
- ☐ A variety of nutrients from different food groups
- ☐ High fat intake

9. Which of the following is NOT typically a sign of dehydration?

Mark only one oval.

- ☐ Dry mouth
- ☐ Dark yellow urine
- ☐ Increased energy levels
- ☐ Headache

10. What is the recommended amount of sleep for most adults to maintain optimal health? *

Mark only one oval.

- ☐ 4-5 hours
- ☐ 6-7 hours
- ☐ 7-9 hours
- ☐ 10-12 hours

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