

1: question

Q1: Are you a self-disciplined person?

Q2: Do you working autonomously and complete the responsibilities today?

Q3: Do you put your goal on the calender?

Q4: Do you make working toward your goal a habit?

Q5: Do you plan for imperfection?

Q6: Do you set small goals to build momentum?

Q7: Do you Track your progress?

Q8: Do you embrace positive peer pressure?

Q9: Do you do some mood lifting every day?

Q10: Do you practice gratitude?

Q11: Do you do full body workouts, and eat healthy every day?

2: answer

1

1

1

1

1

1

1

1

1

1

1

3: options

['Yes', 'No']

['Yes', 'No']

['Yes', 'No']

['Yes', 'No']

['Yes', 'No']

['Yes', 'No']

['Yes', 'No']

['Yes', 'No']

['Yes', 'No']

['Yes', 'No']