

Name: _____

Date: _____

My Current Lifestyle

In a few sentences, describe your current lifestyle for the following categories.

General Health (Describe your overall health. Are you sick a lot? How do you feel on a daily basis?):

Diet (What are your eating habits? What foods do you generally eat? How often and how much do you eat?):

Exercise (Do you exercise? What do you do for exercise? How often do you exercise?):