

PRE-QUESTIONNAIRE SUMMARY

Group
Firstbeat case 2014

Group size
23

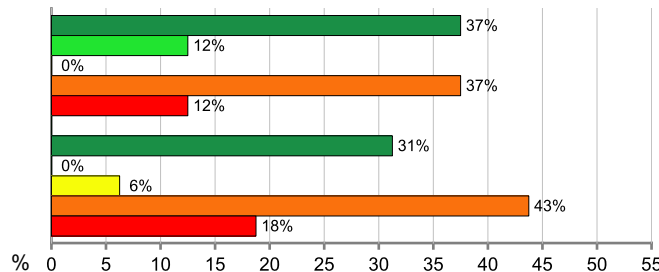
Answered
16 (70%)

Questionnaire results

Physical activity

1. I think I am physically active enough to get health benefits.

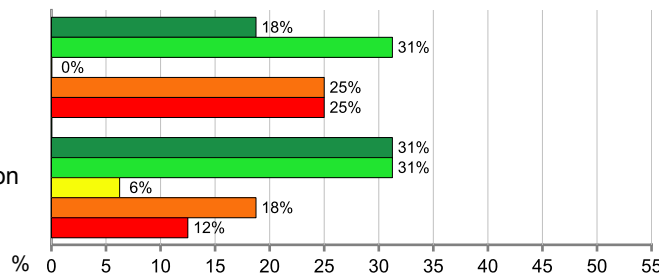
2. I think my physical activity is intensive enough to improve my fitness.



Eating habits and alcohol consumption

3. In my opinion, my eating habits are healthy.

4. I feel that my alcohol consumption is not excessive.



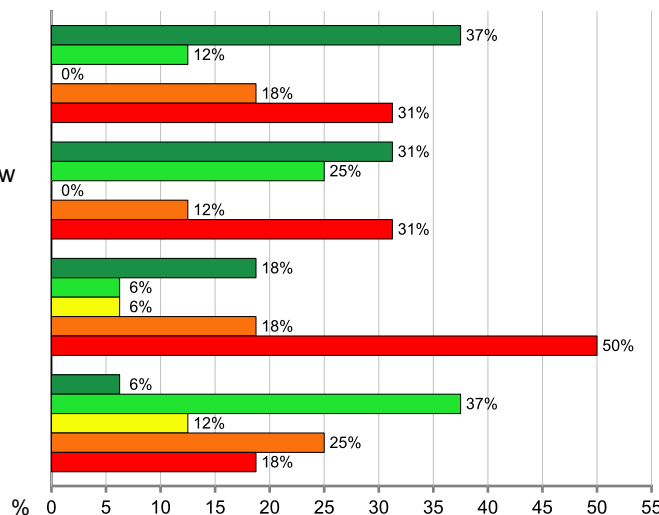
Stress and Recovery

5. I don't generally feel stressed.

6. My days include breaks that allow me to recover.

7. I usually feel rested and energetic.

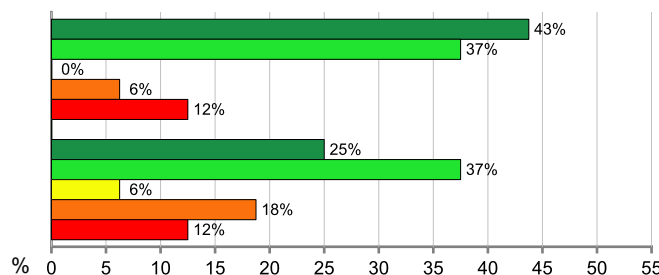
8. I feel that I sleep enough.



Personal well-being

9. I feel that I can influence the things that affect my health.

10. In my opinion, I feel well at the moment.



Provided by:

Firstbeat Lifestyle Assessment (v 6.0.2.6)
25.04.2014 08:27
More information: www.firstbeat.fi/work-well-being

Analyzed by:

