

## Keep Yourself Healthy - Create Your Plan

### Questionnaire

How Do You Define "**Good Health**" (self-assessment)

- Do you get enough sleep at night? YES / NO
- Do you regularly participate in physical activity? YES / NO
- Do you eat healthy meals with lots of vegetables and fruits on a regular basis? YES / NO
- Do you have good ways to eliminate stress such as laughing and taking deep breaths? YES / NO
- Do you have enough time for friends, family, important fun activities, and/or yourself? YES / NO