

Self-assessment



Before you start our Make Space for Health Programme, please fill out this form, which is all about you. Be as honest as you possibly can. Just tick or circle how strongly you agree or disagree with each statement. We will look at this again when the sessions are finished.

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“I wish I had a healthier diet”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

.....

“I can communicate with other people with confidence”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

.....

“I deal well with peer pressure”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

.....

“I sometimes do some things I know are unhealthy such as smoke, drink alcohol or try drugs”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

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“I can talk to people about my problems”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

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“I know the difference between healthy and unhealthy food”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

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“Most of the time I choose what I eat for myself”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

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“When I choose what I eat, I tend to eat healthily”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

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“I am good at coping with stress”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

“I feel good about myself when I exercise”

I strongly agree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

“I would like to exercise more”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

“My health is important to me”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

“I have a sport or hobby I enjoy”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

“I know my own fitness level”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

“I wish there was more to do where I live”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

“I eat five portions of fruit or vegetables a day”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

“I know where to go to get health advice when I need it”

I strongly disagree I mostly disagree I disagree a bit I agree a bit I mostly agree I strongly agree

Your name Your age

Your postcode

Date you completed this questionnaire

Would you like to do more Make Space activities? Yes No