



# Active Mind Active Body

Investigating  
Attitudes about  
Personal Fitness

Worksheet 1-3

Directions: Read each statement and then check the box that reflects whether or not you agree or disagree with the statement. Make sure you mark the correct box with your answers.

Remember that this activity is designed to help you. Answer each statement truthfully, and be honest with yourself. No grades will be assigned to this activity. It is a personal assessment of your attitudes.

- 1 = strongly disagree    2 = disagree somewhat    3 = neither agree nor disagree  
4 = agree somewhat    5 = strongly agree

	1	2	3	4	5
1. I don't have time to exercise.					
2. I eat breakfast every day.					
3. I am not very athletic.					
4. I seldom weigh myself.					
5. I have always enjoyed participating in physical activities and exercise.					
6. I enjoy physical education classes.					
7. I have a moderate-to-high level of health and physical fitness.					
8. I get 8 to 9 hours of sleep every night.					
9. I take the stairs instead of the elevator or escalator whenever possible.					
10. I like team games and sports.					
11. I like to lift weights.					
12. I enjoy eating healthful snacks.					
13. I like to engage in physical activities with friends.					
14. Exercising twice a week is all I need to do to stay in shape.					
15. I prefer to ride rather than walk, even to go short distances.					
16. Learning about personal fitness will be valuable to me later in life.					
17. I find physical education classes boring.					
18. I eat three balanced meals every day.					
19. I have trouble sleeping.					
20. I spend more than 25 hours a week watching TV.					

**Lesson 1-3**

Examine your responses to these statements. Which positive attitudes do you currently have toward your fitness? What areas, if any, do you need to improve?

## Apply

On a separate sheet of paper, write a plan for improving your attitude toward your personal fitness. Monitor your progress, and watch as both your attitude and your health improve!

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