

# First Day Questionnaire

Name: \_\_\_\_\_

Nickname: \_\_\_\_\_

Hobbies:

\_\_\_\_\_

Pick one word to describe health and fitness: \_\_\_\_\_

If you could do one thing to stay active for the rest of your life, what activity would you choose?

\_\_\_\_\_  
\_\_\_\_\_

What is your favorite part of Health and Fitness?

\_\_\_\_\_  
\_\_\_\_\_

Why did you like it so much?

\_\_\_\_\_  
\_\_\_\_\_

What is your least favorite thing about Health and Fitness?

\_\_\_\_\_  
\_\_\_\_\_

Why did you dislike it so much?

\_\_\_\_\_  
\_\_\_\_\_

What would have make it better?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Do you have any personal health or fitness goals? If so, what's the most important one?**

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**On a scale from 1-10 (1 being bad and 10 being awesome), how would you rate your health and fitness experiences so far ?**

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**What are three things that you like about yourself?**

- 1.
- 2.
- 3.

**Name 3 people that you know you can count on.**

- 1.
- 2.
- 3.

**Are there any new activities or games that you would like to see us try during class? If so, name and describe the game:**

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**What health topics would you like to know more about?**

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**Do you have any questions/comments/concerns about this class or this school year ?**

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