

Quality of Life Questionnaire

Exercise is about far more than looking good. Improving your personal fitness will help you to sleep better, work better and feel better within yourself. To help you recognize these changes, please fill in this brief questionnaire now and in approximately 4 weeks time. Be prepared to see a difference!

Do not spend too long on any question. Give your first impression of the answer that is most nearly correct.

1. How well do you sleep?
 - a. Very poorly. Often wake at night for no obvious reason
 - b. Some broken nights
 - c. Mostly sleep well
 - d. Sleep very wellA. _____

2. How much trouble do you have getting to sleep?
 - a. Often unable to for hours
 - b. Take a while to get to sleep
 - c. Usually get to sleep reasonably well
 - d. Drop off fast with no problemsA. _____

3. How do you feel first thing in the morning?
 - a. Wish it was still night
 - b. Bit slow and sluggish
 - c. O.K
 - d. Bright and eager to get upA. _____

4. How much do you enjoy your work?
 - a. Would rather not do it
 - b. Generally O.K.
 - c. Pretty Good
 - d. Love it!A. _____

5. How often do you feel tired during the day?
 - a. Usually
 - b. At times, e.g. afternoons
 - c. Sometimes
 - d. Virtually neverA. _____

6. How much energy do you have for work or play?
- a. Very little at any time
 - b. Sometimes feel energetic, often not
 - c. Reasonably energetic
 - d. Full of energy and life
- A. _____
7. If someone asks you for help, how do you feel?
- a. Would rather not help. Too much trouble
 - b. Sometimes Ok, sometimes not
 - c. Usually Ok
 - d. Glad to be asked
- A. _____
8. How would you describe your mood?
- a. Usually not good
 - b. Up and down
 - c. Generally OK
 - d. Normally happy
- A. _____
9. How do you compare yourself to other people around you?
- a. Worse off than most
 - b. Average
 - c. Better off than most
 - d. Wouldn't change places with anyone
- A. _____

Self Scoring

For every ' b ' answer add 1

For every ' c ' answer add 2

For every ' d ' answer add 3

Your score

(Range is 0 – 27)

As a result of an increase in your exercise levels on your program, the next time you fill in the questionnaire, you should have a higher score.