

BHP – Online Health Questionnaire [?/42]

The goal is to de-tick questions following lifestyle changes (Moving, Fuelling & Recovering)

30 YEARS EXPERIENCE

HOME TRAINING NUTRITION KEY PROGRAMS CONTACT

MIND/ SLEEP

- I faced 2 or more boofheads today!
- I have little conversational energy at the end of the day!
- Evening alcohol is necessary if not default!
- I need coffee or alcohol to communicate best!
- My sex drive has diminished!
- I find it difficult falling to sleep!
- I snore!
- I often wake; 1.00 – 3.00 am, and can't return to sleep!
- I need a shower to 'wake up'!
- I have little interest in hobbies!
- Exercise! Larfs, I don't have the time!
- What am doing, where am I going!
- I've never tried meditation!

METABOLISM

- I often miss breakfast! * coffee, only, isn't breakfast!
- I don't have the time to prepare meals!
- I would never go a day without wheat foods or bread!
- I am 'hangry' between 10-11am and 3-4pm!
- I am lead to pick-me-up treats! (from a packet)!
- I favour a sauce on most meals!
- When I'm 'mentally' stressed, I eat, preserved food!
- Not-so-good 'fake' food, appeals, often!
- I put on weight more easily than most!
- I am heavier than I should be!
- I suffer more than one cold or flu per year!
- I get that crave-thing after dinner!
- I consume more than 10 'standard' drinks per week!

MOVING

- I don't exercise regularly (3+/7)!
- In fact, I hate exercise!
- I couldn't jog, slowly, for 2kms!
- I couldn't perform 10 'proper' push-ups!
- I couldn't press 25% of my weight over my head, once!
- I pull up sore post-exercise!
- My legs burn at the top of the stairs!
- I catch my breath when walking upstairs!
- I suffer intermittent muscle & joint niggles!
- I carry around a packet of anti-inflammatories!
- My posture is different from my Year 12 photo!
- I have little motivation to exercise!
- I breathe, naturally, through my mouth!