

# PRE-QUESTIONNAIRE SUMMARY

Group  
Firstbeat case 2014

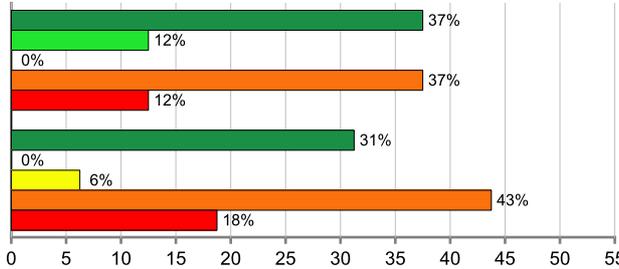
Group size  
23

Answered  
16 (70%)

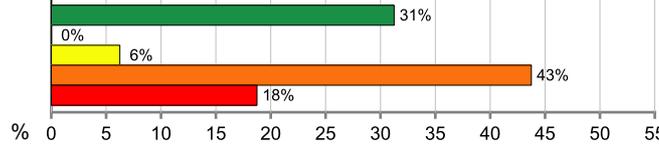
## Questionnaire results

### Physical activity

1. I think I am physically active enough to get health benefits.

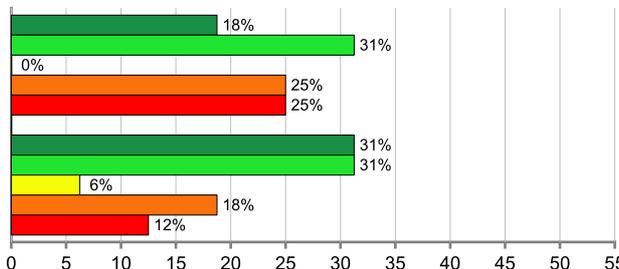


2. I think my physical activity is intensive enough to improve my fitness.

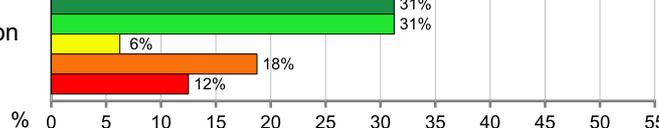


### Eating habits and alcohol consumption

3. In my opinion, my eating habits are healthy.

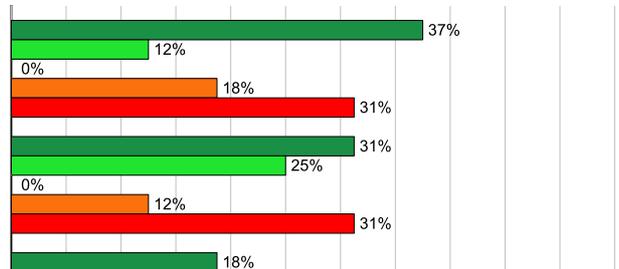


4. I feel that my alcohol consumption is not excessive.

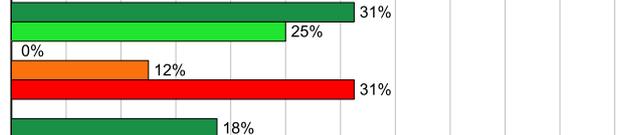


### Stress and Recovery

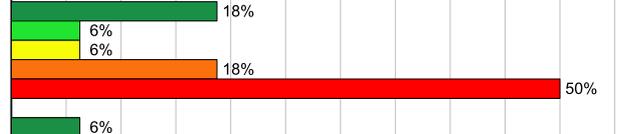
5. I don't generally feel stressed.



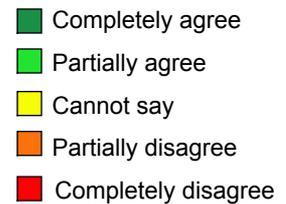
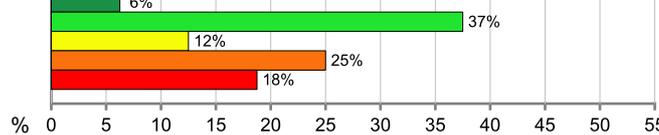
6. My days include breaks that allow me to recover.



7. I usually feel rested and energetic.

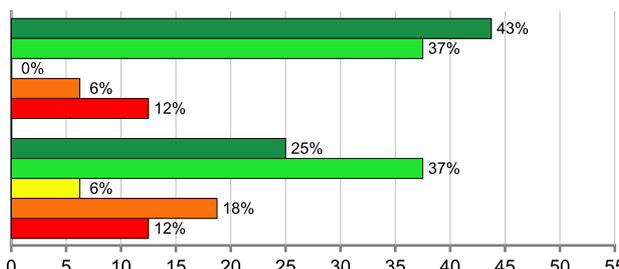


8. I feel that I sleep enough.

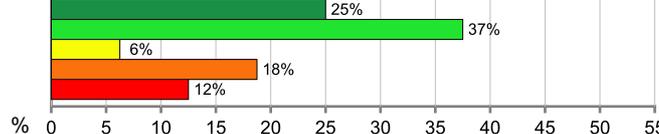


### Personal well-being

9. I feel that I can influence the things that affect my health.



10. In my opinion, I feel well at the moment.



Provided by:

Firstbeat Lifestyle Assessment (v 6.0.2.6)  
25.04.2014 08:27  
More information: [www.firstbeat.fi/work-well-being](http://www.firstbeat.fi/work-well-being)

Analyzed by:

