

The Alive Faith Network Health Check

Name _____

Please consider and answer the questions below. While your responses will remain private, we'll discuss our answers at the next Thrive Alive session!

1. I get 8 hours of sleep on average

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

2. I feel confident I can perform a breast self-examination to feel for lumps

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

3. I feel confident I can perform a testicular self-examination to feel for lumps

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

4. I get 30 minutes of moderate to active exercise at least three times a week

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

5. I have an established daily and nighttime routine

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

Thrive Alive

LEARN. GROW. LIVE.

The Alive Faith Network Health Check

6. I have adequate social support in times of distress

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

7. I drink 4 to 6 cups of water a day on average

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

8. I consume at least 3 servings of fruits and 3 servings of vegetables a day

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

9. I feel satisfied with how I balance my roles and responsibilities

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

10. My finances contribute to how stressed I may feel

 Agree  Slightly Agree  NA  Disagree  Strongly Disagree

You've completed the Alive Faith Network Health Check! To learn more about the Alive Faith Network, visit our website at alivefaithnetwork.org.