

## David's Questionnaire



- 1) What is your favorite food?  
*Ham & Pineapple Pizza*
- 2) What is your least favorite food?  
*Microwavable dinners*
- 3) What exercises or habit do you enjoy that helps you to be healthy?  
*Weight training and team sports to stay physically active*
- 4) What type of music do you like to listen to when you exercise?  
*Alternative, rock, hip hop and techno*
- 5) What is your greatest fitness related achievement?  
*Dropping 50 lbs in 7 months*
- 6) What is your favorite (somewhat) healthy dessert?  
*Tropical Smoothies*
- 7) What is one obstacle you personally have to overcome to be healthy?  
*A minimum of 3 hours of cardio a week and 7~8 hours of rest each night.*
- 8) How do you get through that obstacle?  
*No procrastination and acting on my choice to follow through*

9) Why do you resolve to be healthy?

*I resolve to be healthy for self-confidence mentally and physically. It also takes a lot of energy to keep up with my daughter.*

10) What advice do you have for others who would like to be healthy?

*Fitness is a lifestyle and a positive attribute to yourself.*