GENERAL INFORMATION	1. How tall is Jessica? _____ cm 2. What is her current weight? _____ kg 3. What is her waist size? _____ cm
FEELINGS	4. Recently, Jessica has . . . ☐ not been able to concentrate on her studies. ☐ had things to motivate her. ☐ been under a lot of pressure. ☐ had trouble dealing with her problems. ☐ experienced depression.
DIET	5. On average, how many portions of fruit and vegetables does she eat a day? ☐ Four to five ☐ A couple ☐ None 6. How often does she eat fast food? ☐ Seldom ☐ Once a month ☐ Daily 7. How much alcohol does she drink? ☐ She doesn't drink. ☐ More than three glasses a day ☐ A couple of glasses a week
PHYSICAL ACTIVITY	8. How often does she work out? ☐ Every day, for an hour or more ☐ Never ☐ Three times a week, for at least 30 minutes

LIVEWORKSHEETS