

Physical Health Agreement Checklists

Direction: The following lists highlight key topics to consider in promoting physical health in teens and adolescences. Please select level of agreement depending upon your opinion.

Strongly Disagree (1), Disagree (2), Undecided (3), Agree (4), Strongly Agree (5)

Lists	Level of Agreement				
	1	2	3	4	5
1. Traits, abilities, and capacities that are inherited from one's parents refer as the nature.					
2. Physical development involves development of body structures and the need for good nutrition, immunization, and proper ventilation.					
3. Many teens need more of calcium, vitamin D, fiber, protein, and iron.					
4. Regular physical activity can help teenagers/adolescence manage their weight, have strong muscles and bones, and be more flexible.					
5. Teen can download fitness applications onto their computer, smartphone, or other mobile devices to help keep track of how active they are each day.					
6. The amount of sleep you need changes as you age. Adult 18 – 60 years are recommended 7 or more hours per night.					
7. Being physically active during the day can help you fall asleep more easily at night.					
8. Personal development endures characteristics that differentiates one person from another change over the lifespan.					
9. A group of people born at the same time in the same place are able to develop the same personality.					

Lists	Level of Agreement				
	1	2	3	4	5
10. A good ventilation system is the positive impact on health and well-being.					
