

# Community Health Survey

1. How would you rate your health?

Excellent     Good     Fair     Poor

2. How often do you exercise?

5 or more times a week     2 – 4 times a week  
 Less than 2 times a week     Never

3. What foods do you consider harmful?

\_\_\_\_\_

4. How many glasses of water do you drink each day?

None     1 – 3     4 – 6     7 or more

5. What do you think is the greatest danger to Americans' health today?

\_\_\_\_\_

6. In what areas of your life would you like to improve your health?

Exercise     Nutrition     Sleep     Beverages     Smoking  
 Stress management     Other \_\_\_\_\_

7. How important is your spiritual life to your overall health?

Not important     Somewhat important     Very Important

8. Which of the following programs or activities would you be interested in attending if they were held in your area?

Healthful Cooking Class     Weight-loss Program  
 Stress Management Class     Stop Smoking Clinic  
 Money Management Seminar     Depression Recovery Seminar  
 Personal Bible Studies     Bible Prophecy Seminar  
 Vacation Bible School     Social Activities

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone or Email \_\_\_\_\_