

HOW FIT AND STRONG ARE YOU?

RARELY (1 POINT) SOMETIMES (2 POINTS) USUALLY (3 POINTS) ALWAYS (4 POINTS)

MOOD, ENERGY LEVEL,
AND MENTAL HEALTH

START 3 MONTHS 6 MONTHS 9 MONTHS 12 MONTHS

1. I feel younger than my age.

2. I feel independent

3. I feel energetic

4. I live an active life

5. I feel strong

6. I feel healthy

7. I am as active as other people
my age