



SELF-REPORTED PHYSICAL FITNESS

It is very important that you do this test by yourself without taking into account the answers given by your classmates. Your answer is only useful for the progress of science and medicine. Please answer all the questions and do not leave any blank. Mark only one answer per question, and more important: be sincere. Thank you for your cooperation.

Please try to think about your level of physical fitness (compared to your friends) and choose the right option.

Your general physical fitness is:

- Very poor
 - Poor
 - Average
 - Good
 - Very good
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Your cardiorespiratory fitness (capacity to do exercise, for instance running, for a long time) is:

- Very poor
 - Poor
 - Average
 - Good
 - Very good
-

Your muscular strength is:

- Very poor
 - Poor
 - Average
 - Good
 - Very good
-

Your speed / agility is:

- Very poor
 - Poor
 - Average
 - Good
 - Very good
-

Your flexibility is:

- Very poor
 - Poor
 - Average
 - Good
 - Very good
-

THANK YOU FOR YOUR TIME AND PARTICIPATION