

## Tommy Chamberlain Questionnaire



- 1) What is your favorite food?  
*Shin's Korean Restaurant*
- 2) What is your least favorite food?  
*Fast Food*
- 3) What exercises or habit do you enjoy that helps you to be healthy?  
*Boxing*
- 4) What type of music do you like to listen to when you exercise?  
*All*
- 5) What is your greatest fitness related achievement?  
*Golden Gloves Open Class*
- 6) What is your favorite (somewhat) healthy dessert?  
*Apple Pie*
- 7) What is one obstacle you personally have to overcome to be healthy?  
*Late night snacks*
- 8) How do you get through that obstacle?  
*Mind set. Tell myself to not eat.*

9) Why do you resolve to be healthy?

*For my family.*

10) What advice do you have for others who would like to be healthy?

*Be like Nike and Just Do It!*