

Charlie's Questionnaire



- 1) What is your favorite food?
High protein meals, vegetables and fruits
- 2) What is your least favorite food?
Fast Food
- 3) What exercises or habit do you enjoy that helps you to be healthy?
Lifting weights, basketball and staying busy.
- 4) What type of music do you like to listen to when you exercise?
Hair Nation Rock N' Roll
- 5) What is your greatest fitness related achievement?
My physique, overall athlete
- 6) What is your favorite (somewhat) healthy dessert?
Fruit smoothies
- 7) What is one obstacle you personally have to overcome to be healthy?
Eating healthy foods
- 8) How do you get through that obstacle?
Meal Planning

9) Why do you resolve to be healthy?

For me and the way I feel.

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

Just do it