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!*