

# Survey Questionnaire Sample for Health Assessment

A **survey questionnaire sample** for health assessment is a structured tool designed to collect comprehensive data on an individual's physical and mental well-being. It helps healthcare professionals identify health risks, track symptoms, and develop personalized care plans. Utilizing standardized questions ensures reliable and consistent health evaluation outcomes.

## Sample Health Assessment Questionnaire

Personal Information

Full Name:

Age:

Gender:

--Select--

Physical Health

How would you rate your current physical health?

☐ Excellent

☐ Good

☐ Fair

☐ Poor

Do you have any chronic illnesses (e.g., diabetes, hypertension)?

☐ Diabetes

☐ Hypertension

☐ Heart Disease

☐ None

Mental Health

In the past 2 weeks, how often have you felt down, depressed, or hopeless?

--Select--

Do you experience frequent stress or anxiety?

☐ Yes

☐ No

Lifestyle

How often do you exercise per week?

--Select--

Do you use tobacco products?

☐ Yes

☐ No

Submit