

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