

Health And Productivity Connection Questionnaire

	<i>Strongly Disagree</i>	<i>Disagree</i>	<i>Somewhat Disagree</i>	<i>Agree</i>	<i>Strongly Agree</i>
When I am in good physical shape, I can work harder and longer.	1	2	3	4	5
When I feel good about myself, I am more productive.	1	2	3	4	5
My work benefits when I make time for myself and the people close to me.	1	2	3	4	5
My health suffers if I push myself too hard for an extended period of time at the expense of other interests.	1	2	3	4	5
When I eat unhealthy food or too much food, I experience a negative effect on my health and energy.	1	2	3	4	5
When I don't treat the people I care about the way I would like to treat them, I feel badly.	1	2	3	4	5
My beliefs and lifestyle affect my employees.	1	2	3	4	5
When I have to work for someone who does not value health, it presents an obstacle for my own health.	1	2	3	4	5
If I improve my health, it will motivate the people who work for me.	1	2	3	4	5
If I feel someone values me as a person, it has a big influence on how I work and how I feel.	1	2	3	4	5
Totals					

You can interpret the scores as follows:

- 41-50:** Managing for health and productivity makes great sense. I am eager to find ways to support the health promotion programs because it is the right thing to do for my employees and the organization. It is clear to me that people work at their optimal level over a sustained period of time only when they are healthy and feeling good about themselves.
- 31-40:** Managing for health and productivity seems fairly useful. There may be real value in pursuing some of these ideas.
- 21-30:** Managing for health and productivity may be useful. However, at this time, I really don't understand how.
- 10-20:** Managing for health and productivity doesn't make much sense at all. I don't see much connection between health and productivity, and it seems to me that the company is wasting its money.