

Spectra Red Physical Health and Wellbeing Questionnaire			
	Identifying Development Needs	True	False
1	I am satisfied with my weight		
2	I am fit enough		
3	I eat a balanced, nutritious diet		
4	I get enough exercise to be healthy		
5	I get enough exercise to burn what I eat		
6	I do everything I can to look after my physical health		
7	I get enough sleep		
8	I have regular health checks		
9	I visit the dentist regularly		
10	I am satisfied with my body shape		
	Total		
	My Personal Development Needs		

Spectra Red Physical Appearance Questionnaire			
	Identifying Development Needs	True	False
1	I know the colours that suit me		
2	I am satisfied with my body shape		
3	I understand the impact of food, drink and chemicals on my appearance		
4	I understand the style of clothes that suit my body shape		
5	I know how to use make up to enhance my appearance		
6	I know how to look after my skin		
7	I know how to look after my nails		
8	I know how to look after my teeth		
9	I know how to style my hair to suit my face shape, skin and eye colouring		
10	I understand how to use accessories		
	Total		
	My Personal Development Needs		