

«Life style»

(Questionnaire 3)



ProfileSoft

Confiez-nous l'expertise de votre capital humain

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In voluntary answering this questionnaire, I am disclosing and conveying information that may be considered personal within the meaning of the law. I understand that the responsibility of «ProfileSoft» consists of processing the answers provided herein, for the purpose of assessing potential.

I hereby give my consent to allowing «ProfileSoft», its employees, management staff and representatives to have and process this personal information in order to evaluate potential, and I authorize them to forward the results, as the case may be,

Check off the appropriate box:

to my present employer
to a potential employer

Signature

Name (please print name)

Date

Identification

Mr. Ms.

Last name: _____

First name: _____

Address: _____

Postal code: _____

Tel.: Home: () _____

Office: () _____

Cellular: () _____

E-mail address: _____

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«Life Style» (Questionnaire 3)

Here are some statements used to describe life style. Read each one and rate to what extent they apply to you.

- Answer every question.
- Choose one number only for each statement.
- Answer spontaneously, based on your first impression, and once you have written answers, do not change them.



I describe myself as someone who...



- | | |
|----------------------|---|
| 1 2 3 4 5 6 7 8 9 10 | Eats more than 4 eggs/week |
| 1 2 3 4 5 6 7 8 9 10 | Has a Danish or donuts for breakfast |
| 1 2 3 4 5 6 7 8 9 10 | Skips a meal |
| 1 2 3 4 5 6 7 8 9 10 | Salts food before tasting it |
| 1 2 3 4 5 6 7 8 9 10 | Eats fresh, uncooked fruits and vegetables |
| 1 2 3 4 5 6 7 8 9 10 | Exercises vigorously 3 or 4 times/week |
| 1 2 3 4 5 6 7 8 9 10 | Gets fit before undertaking a strenuous sport |
| 1 2 3 4 5 6 7 8 9 10 | Regularly practices self-examination to detect signs of illness |
| 1 2 3 4 5 6 7 8 9 10 | Suffers from headaches, neck or backaches |
| 1 2 3 4 5 6 7 8 9 10 | Takes more than 2 alcoholic drinks per day |
| 1 2 3 4 5 6 7 8 9 10 | Drives close to the posted speed limit |
| 1 2 3 4 5 6 7 8 9 10 | Keeps physically fit |
| 1 2 3 4 5 6 7 8 9 10 | Eats red meat more than 4 times a week |
| 1 2 3 4 5 6 7 8 9 10 | Eats sweet desserts more than once a week |
| 1 2 3 4 5 6 7 8 9 10 | Snacks frequently in the evening |
| 1 2 3 4 5 6 7 8 9 10 | Adds salt to food preparation |
| 1 2 3 4 5 6 7 8 9 10 | Eats high-fibre cereals |
| 1 2 3 4 5 6 7 8 9 10 | Monitors the intensity of exercise (pulse rate) |
| 1 2 3 4 5 6 7 8 9 10 | Considers physical activity to be fun |
| 1 2 3 4 5 6 7 8 9 10 | Watches his/her weight |
| 1 2 3 4 5 6 7 8 9 10 | Has trouble sleeping |
| 1 2 3 4 5 6 7 8 9 10 | Gets little satisfaction from social activities |
| 1 2 3 4 5 6 7 8 9 10 | Works harder but reaps less results |
| 1 2 3 4 5 6 7 8 9 10 | Drives after drinking alcohol or taking medication |
| 1 2 3 4 5 6 7 8 9 10 | Often eats dairy products |



- | | |
|----------------------|---|
| 1 2 3 4 5 6 7 8 9 10 | Consumes sweetened drinks more than once a week |
| 1 2 3 4 5 6 7 8 9 10 | Eats quickly |
| 1 2 3 4 5 6 7 8 9 10 | Eats prepared, frozen or fast food |
| 1 2 3 4 5 6 7 8 9 10 | Eats whole-wheat or rye bread |
| 1 2 3 4 5 6 7 8 9 10 | Exercises to strengthen muscles |
| 1 2 3 4 5 6 7 8 9 10 | Does warm-ups before exercising |
| 1 2 3 4 5 6 7 8 9 10 | Seeks medical help when necessary |
| 1 2 3 4 5 6 7 8 9 10 | Is prone to minor illnesses (colds, flu ...) |
| 1 2 3 4 5 6 7 8 9 10 | Quarrels often |
| 1 2 3 4 5 6 7 8 9 10 | Keeps an adequate distance from others when driving |
| 1 2 3 4 5 6 7 8 9 10 | Uses stimulants or tranquillizers |
| 1 2 3 4 5 6 7 8 9 10 | Avoids overeating |
| 1 2 3 4 5 6 7 8 9 10 | Eats visible fat on meat |
| 1 2 3 4 5 6 7 8 9 10 | Snacks on candy |
| 1 2 3 4 5 6 7 8 9 10 | Takes more than one helping of food at mealtime |
| 1 2 3 4 5 6 7 8 9 10 | Eats deli meats more than twice a week |
| 1 2 3 4 5 6 7 8 9 10 | Eats bran or oatmeal muffins |
| 1 2 3 4 5 6 7 8 9 10 | Exercises even in times of stress |
| 1 2 3 4 5 6 7 8 9 10 | Ensures safety before buying equipment |
| 1 2 3 4 5 6 7 8 9 10 | Takes care of dental hygiene |
| 1 2 3 4 5 6 7 8 9 10 | Feels tired and run-down |
| 1 2 3 4 5 6 7 8 9 10 | Forgets meetings, deadlines or personal belongings |
| 1 2 3 4 5 6 7 8 9 10 | Maintains car in good condition |
| 1 2 3 4 5 6 7 8 9 10 | Drinks more than 5 caffeine drinks per day |
| 1 2 3 4 5 6 7 8 9 10 | Eats fried foods more than 3 times a week |
| 1 2 3 4 5 6 7 8 9 10 | Prepares alcoholic drinks with mixers |
| 1 2 3 4 5 6 7 8 9 10 | Eats when lonely or bored |
| 1 2 3 4 5 6 7 8 9 10 | Eats at fast food restaurants more than once a week |
| 1 2 3 4 5 6 7 8 9 10 | Puts time aside on agenda for exercising |
| 1 2 3 4 5 6 7 8 9 10 | Avoids strenuous exercise |
| 1 2 3 4 5 6 7 8 9 10 | Takes care of eyesight |
| 1 2 3 4 5 6 7 8 9 10 | Suffers from stomach aches |
| 1 2 3 4 5 6 7 8 9 10 | Drives with seatbelt fastened |
| 1 2 3 4 5 6 7 8 9 10 | Copes well with stress |
| 1 2 3 4 5 6 7 8 9 10 | Eats organ meats (liver ...) more than once a week |
| 1 2 3 4 5 6 7 8 9 10 | Does other activities while eating (watch TV ...) |
| 1 2 3 4 5 6 7 8 9 10 | Snacks on salty foods (chips ...) |
| 1 2 3 4 5 6 7 8 9 10 | Chooses hotels with sports facilities |
| 1 2 3 4 5 6 7 8 9 10 | Exercises beyond his/her limits |
| 1 2 3 4 5 6 7 8 9 10 | Discusses personal problems with friends |
| 1 2 3 4 5 6 7 8 9 10 | Never loses anything |
| 1 2 3 4 5 6 7 8 9 10 | Is easily understood in conversation |
| 1 2 3 4 5 6 7 8 9 10 | Gets what he/she deserves |
| 1 2 3 4 5 6 7 8 9 10 | Relaxes easily |
| 1 2 3 4 5 6 7 8 9 10 | Is relaxed and sleeps soundly |
| 1 2 3 4 5 6 7 8 9 10 | Is physically fit and has a good appetite |
| 1 2 3 4 5 6 7 8 9 10 | Is prone to headaches and backaches |
| 1 2 3 4 5 6 7 8 9 10 | Doubts his/her abilities |
| 1 2 3 4 5 6 7 8 9 10 | Is anxious, exhausted and tired |
| 1 2 3 4 5 6 7 8 9 10 | Is nervous without apparent reason |