(705) Perceived Physical Literacy Instrument: Sense of Self and Self-Confidence

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|  | Please select the number that best represents how you feel regarding the description. | Strongly Disagree | Disagree | No Comment / Neutral | Agree | Strongly Agree |
| 1. | I am physically fit, in accordance to my age. | 1 | 2 | 3 | 4 | 5 |
| 2. | I possess self-management skills for health. | 1 | 2 | 3 | 4 | 5 |
| 3. | I possess self-evaluation skills for health. | 1 | 2 | 3 | 4 | 5 |