

## **Pre-Retreat Questionnaire: Body**

Your friend will be leaving soon to spend some time on a retreat. This retreat will focus on the Body, Mind, and Soul of your friend. You are invited to participate in your friend's understanding of her/himself by completing the questions below which have to do with the Body. Please pray through your answers, and respond honestly. When you are finished, seal your answers in an envelope and return this questionnaire to your friend.

1. From what you observe, what are some practices your friend engages in that are healthy for his/her body?
2. From what you observe, what are some practices your friend engages in that are unhealthy for her/his body?
3. To the best of your knowledge, does your friend see his/her physician regularly for annual check-ups and testing procedures?
4. To the best of your knowledge, does your friend seek out medical attention when needed (e.g. for an unexpected illness or injury)?
5. If you could encourage your friend to do three things to care better for her/his body, what three things would you suggest?
6. Write a prayer for your friend that thanks God for the gift of his/her body and intercedes for her/him in this area.