

DARE TO TRY!
Questionnaire
“Strong Health, hAppy PEople” – SHAPE
February – March, 2013

Please read attentively the following statements/questions and answer with maximum honesty to each of them.

1. There are some basic rules which should be followed when it comes to our personal hygiene:

- a) washing hands before each meal
- b) washing hands every time after using the toilet
- c) washing hands after caressing an animal
- d) brushing the teeth twice a day (in the morning and at night, before going to sleep)
- e) having a shower each day
- f) washing the hair 2-3 times/week

Please state what rules you follow and which one you don't:

Yes	No
a,b,c,d	e, f

E.g.:

Yes	No
a, b, d, e	c, f

2. The following rules are connected with nutritional hygiene:

- a) having 3 important meals each day: breakfast, lunch, dinner
- b) not skipping breakfast
- c) having dinner with at least 2 hours before going to sleep and no later than 7-8 p.m.
- d) having a balanced diet, consisting of elements of the 4 important categories:
 - fruit and vegetables
 - meat, fish, eggs, milk and diary products
 - cereals (whole grains, bread, rice, pasta)
 - seeds and dried fruit

Note: If your diet includes elements from 3 of the 4 above-mentioned categories, you can choose “Yes”.

- e) eating fruit, vegetables and cereals daily
- f) avoiding fats, sugar
- g) drinking at least 1,5 l of water daily
- h) avoiding to drink water during meals
- i) avoiding snacks between meals
- j) avoiding to eat in front of the TV/computer
- k) avoiding bottled non-alcoholic beverages (Coca-Cola, Pepsi, Fanta, Sprite etc.)
- l) avoiding the alcohol use

- m) avoiding fast/junk-food
- n) avoiding coffee excessive use
- o) avoiding salt and spices excessive use
- p) avoiding cold meat (salami, sausages, bacon, ham etc.)
- q) avoiding red meat (beef, pork, lamb/mutton)

Please state what rules you follow and which one you don't:

Yes	No
a,b,c,d,i,j,k,l,m,n,o,	e,f,g,h,p,q

3. The following rules are connected with the body need for rest and relaxation:

- a) the best time range for going to bed is between 9 pm and midnight
- Note:** You should catch at least 1 hour of sleep before midnight. If so, you can choose "Yes".
- b) an adult needs 7-9 hours of sleep per night, children need 9-11 hours of sleep per night

Please state what rules you follow and which one you don't:

Yes	No
a,b	

1. The following rules are connected with physical activities which help us keep fit and in a good health:

- a) walking in the open air for at least 30 minutes daily
 - b) exercising to keep fit (physical exercises/fitness/aerobic, jogging/running, riding a bike, rollerblading etc.)
- Note:** If you exercise at least 2-3 times/week or usually ride a bike, for example, you can choose "Yes".
- c) playing sports

Please state what rules you follow and which one you don't:

Yes	No
	a,b,c

1. The following rules are connected with ways of spending free time:

- a) spending leisure-time outdoors as much as possible
- b) spending leisure-time in an enjoyable way, according to your needs/preferences (going out with friends, reading, watching TV etc.)
- c) watching TV/using the computer no more than 3 hours per day

Please state what rules you follow and which one you don't:

Yes	No
b,c	a

1. **Health-risk behaviours:**

A. Substance use:

- a) smoking
- b) passive smoking
- c) drinking alcohol (more than 20g daily)
- d) drugs use and abuse

B. Mental health:

- a) depression
- b) attempted suicide

C. Violence and delinquency

- a) domestic violence
- b) violence among students

D. Eating disorders and obesity

Note: If your BMI (Body Mass Index) is way too low or high, than you might have problems. A BMI between 18.5 and 24.9 means you are in the normal weight category. A BMI between 25 and 29.9 means you are in the overweight category. A BMI higher than 30 means obesity.

Please state if you are/were exposed to any of the above-mentioned health-risk behaviours:

Yes	No
	A.a, A.b, A.c, A.d B.a, B.b C.a, C.b D

E.g.: A.a, B.a, A.d etc.

Are you facing with the stresses of working full-time (job-related stress), going to school (school-related stress) or other situations (which can generate stress)?

- b) No

After reading the basic rules for a healthy life, choose at least one rule you don't follow and write it below:

I don't have a perfect diet, because I enjoy sweets, red meat and I don't drink enough liquid. Also I don't do enough physical exercise.

.....

What would you like to change in your lifestyle?

I will avoid sugar, red meat and I will try to drink more. Also I will work out at least a little every day.

.....
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Thank you for your time spent filling in this questionnaire! You should try following the above-mentioned rule for at least one week, during our activity entitled “Dare to try!” Maybe you will consider it useful and you’ll adopt it as a permanent rule starting from now on.