

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
b, c, d, f	a, e

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 dairy 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, e, g, i, m, n,	d, f, h, j, k, l, o, 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
b,	a, 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
a, b, c,	

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,b, c, d) (Ba b) C (a, b)

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)?

- a) Yes X
- b) No

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

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What would you like to change in your lifestyle?

more physical exercise in my free
time.....

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.