DARE TO TRY! "Strong Health, hAppy PEople" – SHAPE February – March, 2013

Please read the statements below and tick the correct answer for you. Filling in the chart won't take you more than 3 minutes.

No.	Item	m Monday Tuesday Wednesday		Thursday		Fri	Friday		Saturday		Sunday				
	T				1				1			1	1		
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
1	I washed my hands before each meal.	x		х		X		Х		х		x		X	
2	I washed my hands every time after using the toilet.	x		X		x		х		х		x		х	
3	I brushed my teeth twice (in the morning and at night, before going to sleep).	х		х		х		х		х		х		х	
4	I had a shower.	х		х		х		х		х		х		х	
5	I washed my hair.	х		x		х		х		х		х		х	
6	I had breakfast, lunch and dinner.	х		х		х		х		х			х		х
7	I had dinner with at least 2 hours before going to sleep.	x		х			х	х		Х		х		х	
8	I ate fruit.		х		х	х		х		х		х		x	
9	I ate vegetables.	х		х		х		х		х		x		x	
10	I ate one or more of the following products: -grains -rice -pasta -bread -potatoes	x			х	x			х	х		х		X	
11	I ate at least 2 of the following products:	х		х		Х		Х		Х		х		х	

	-seeds -dried fruit -fish -poultry or lean meat -milk/diary products -eggs														
12	I ate fats: -fatty meat (beef, pork, lamb/mutton) -fatty cold meat products (ham, bacon, sausages etc.) -butter, diary products high in fat -fried potatoes/meat etc. If you ate more than 2 of the above-mentioned products, than choose YES	x		x		x		x			x	x		x	
13	I ate sweets.		х	х		х		x		х		x		x	
14	I drank $1, 5 - 21$ of water.	x		X		x			X		X	x		x	
15	I drank bottled non-alcoholic beverages.		x		Х		X		х		х		Х		Х
16	I ate salty and/or spicy meals.	x		x		x		х		x		x		x	
17	I ate fast/junk food.		x		x		х		Х		X		X		х
18	I drank more than 2 cups of coffee.		x		Х		X		х		х		Х		Х
19	I drank water during meals.	х			x		х		X	х		x		x	
20	I had breakfast/lunch/dinner in front of the TV/computer.		x		X		X		х		X		X		Х
21	I went to bed no later than 11 pm.		x		X	Х		х			х	X			Х
22	I slept (write the number of hours of sleep).	8 h		8h		9h		10h		9h		11h		10h	
23	I walked in the open air for at least 30 minutes.	х		х		х		х		Х		Х			х
24	I exercised to keep fit.		X	х		х		х		х		Х		Х	
25	I spent in front of the TV (write the number of hours in	1h		2h		1h		2h		1h		1h		0h	

	each column).														
26	I spent in front of the computer (write the number of hours in each column).	2h		3h		2h		0h		2h		4h		5h	
27	I smoked.		х		х		х		x		Х		Х		х
28	I've been a passive smoker.		х		Х		х		х		Х		Х		х
29	I drank more than 20 g of alcohol.		X		Х		Х		х		Х		X		Х
30	I felt depressed, very unhappy; I wasn't in the mood for anything.		х		х		Х		Х		х		х		х
31	I faced verbal or physical violence (domestic/at school/at job etc.)		х		Х		Х		X		х		х		х
32	I had a stressful day		X		х		X	х		x			X		X

If you followed a rule that you don't usually follow, please mention it in the table below.

Day of the week	<u>Mentions</u>
Monday	I usually eat sweet, but today I avoided it.
Tuesday	I started exercises to keep fit.
Wednesday	I was in the open air longer than usually.
Thursday	Though I usually drink during meals, today I didn't drink.
Friday	Though I usually eat fats, today I didn't eat.
Saturday	I exercised to keep fit more than usually.
Sunday	Though I usually watch TV, today I avoided it.

Example:

Day of the week	<u>Mentions</u>
Monday	Though I usually have dinner/lunch in front of the TV, today I didn't do it/avoided it.
Tuesday	Though I'm not used to walk, today I walked from home to work.
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

Thank you!