

**DARE TO TRY!**

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

[illegible]

	-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.		x	x		x		x		x		x		x	
14	I drank 1, 5 – 2 l of water.	x		x		x			x		x	x		x	
15	I drank bottled non-alcoholic beverages.		x		x		x		x		x		x		x
16	I ate salty and/or spicy meals.	x		x		x		x		x		x		x	
17	I ate fast/junk food.		x		x		x		x		x		x		x
18	I drank more than 2 cups of coffee.		x		x		x		x		x		x		x
19	I drank water during meals.	x			x		x		x	x		x		x	
20	I had breakfast/lunch/dinner in front of the TV/computer.		x		x		x		x		x		x		x
21	I went to bed no later than 11 pm.		x		x	x		x			x	x			x
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.	x		x		x		x		x		x			x
24	I exercised to keep fit.		x	x		x		x		x		x		x	
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.		x		x		x		x		x		x		x
28	I've been a passive smoker.		x		x		x		x		x		x		x
29	I drank more than 20 g of alcohol.		x		x		x		x		x		x		x
30	I felt depressed, very unhappy; I wasn't in the mood for anything.		x		x		x		x		x		x		x
31	I faced verbal or physical violence (domestic/at school/at job etc.)		x		x		x		x		x		x		x
32	I had a stressful day..		x		x		x	x		x			x		x

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

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

**Example:**

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

[Thank you!](#)