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

	-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		-		-	+					
13	I ate sweets.					+					
14	I drank 1, 5 – 21 of water.	+		+		+					
15	I drank bottled non-alcoholic beverages.		-		-		-				
16	I ate salty and/or spicy meals.	+		+		+					
17	I ate fast/junk food.		-		-		-				
18	I drank more than 2 cups of coffee.		-		-		-				
19	I drank water during meals.	+		+		+					
20	I had breakfast/lunch/dinner in front of the TV/computer.		-		-		-				
21	I went to bed no later than 11 pm.	+		+		+					
22	I slept (write the number of hours of sleep).	9h		9h		9h					
23	I walked in the open air for at least 30 minutes.	+		+			-				
24	I exercised to keep fit.	+	-	+	-	+	-				
25	I spent in front of the TV (write the number of hours in	2h		2h		2h					

	each column).										
26	I spent in front of the computer (write the number of hours in each column).	30 min utes		1h		15m inut es					
27	I smoked.		-		-		-				
28	I've been a passive smoker.		-		-						
29	I drank more than 20 g of alcohol.		-		-		-				
30	I felt depressed, very unhappy; I wasn't in the mood for anything.		-		-		-				
31	I faced verbal or physical violence (domestic/at school/at job etc.)		-		-		-				
32	I had a stressful day		-		-	+					

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	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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	i didn"t eat fruit, i eat scocolate
Thursday	
Friday	
Saturday	
Sunday	

Thank you!