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	Monday	Tuesday	Wednesday	Thursday	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.	X		X		X		X		X		X		X	
2	I washed my hands every time after using the toilet.	X		X		X		X		X		X		X	
3	I brushed my teeth twice (in the morning and at night, before going to sleep).	X		X		X		X		X		X		X	
4	I had a shower.	X		X		X		X		X		X		X	
5	I washed my hair.	X			X	X		X			X	X			X
6	I had breakfast, lunch and dinner.	X		X			X	X		X		X		X	
7	I had dinner with at least 2 hours before going to sleep.		X	X			X		X		X		X	X	
8	I ate fruit.	X			X	X		X			X	X		X	
9	I ate vegetables.	X		X			X		X	X		X		X	
10	I ate one or more of the following products: -grains -rice -pasta -bread -potatoes	X			X	X			X		X		X	X	
11	I ate at least 2 of the following products:	X		X			X	X		X		X		X	

	-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).	6		8		7		8		8		9		7	
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		2	2		0		3		4		4		4	

	each column).														
26	I spent … in front of the computer (write the number of hours in each column).		2	2			X	2		2		2		1	
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.

Day of the week	Mentions
Monday	**I went to bed rather late and slept less than 8 hours.**
Tuesday	
Wednesday	**_I didn't have dinner.**
Thursday	
Friday	
Saturday	
Sunday	

Example:

Day of the week	Mentions
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!