

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.

[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).	6		7		7		6		6		4		9	
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	1		2		0		2		2		3		0	

	each column).														
26	I spent ... in front of the computer (write the number of hours in each column).	3		2		4		2		2		3		4	
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>Day of the week</u>	<u>Mentions</u>
Monday	
Tuesday	
Wednesday	I have a walk in the afternoon with my wife for 1.5h
Thursday	
Friday	
Saturday	I couldn't go for biking like I do on normal Saturdays
Sunday	_I was on a visit so I didn't have our normal walking exercises, it was shorter

Example:

<u>Day of the week</u>	<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!](#)