## 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	Mon	day	Tueso	lay	Wedne	esday	Thu	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.	х													
2	I washed my hands every time after using the toilet.	х													
3	I brushed my teeth twice (in the morning and at night, before going to sleep).	x													
4	I had a shower.		x												
5	I washed my hair.		x												
6	I had breakfast, lunch and dinner.	х													
7	I had dinner with at least 2 hours before going to sleep.	х													
8	I ate fruit.	х													
9	I ate vegetables.	х													
10	I ate one or more of the following products: -grains -rice -pasta -bread -potatoes		x												
11	I ate at least 2 of the following products:	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						
13	I ate sweets.	x							
14	I drank $1, 5-21$ of water.		x						
15	I drank bottled non-alcoholic beverages.		x						
16	I ate salty and/or spicy meals.		x						
17	I ate fast/junk food.		x						
18	I drank more than 2 cups of coffee.		x						
19	I drank water during meals.	х							
20	I had breakfast/lunch/dinner in front of the TV/computer.		х						
21	I went to bed no later than 11 pm.		х						
22	I slept (write the number of hours of sleep).	10							
23	I walked in the open air for at least 30 minutes.	х							
24	I exercised to keep fit.	х							
25	I spent in front of the TV (write the number of hours in	1h							

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

Thank you!