

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]

[illegible]

	each column).															
26	I spent ... in front of the computer (write the number of hours in each column).															
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.](#)

<u>Day of the week</u>	<u>Mentions</u>
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	
Saturday	
Sunday	

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!](#)