

## 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]



	each column).														
26	I spent ... in front of the computer (write the number of hours in each column).	0		0		0		0		0		0		0	
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	
Tuesday	I brushed my teeth twice
Wednesday	I brushed my teeth twice
Thursday	
Friday	I brushed my teeth twice
Saturday	
Sunday	I brushed my teeth twice

**Example:**

<u>Day of the week</u>	<u>Mentions</u>
<b>Monday</b>	Though I usually have dinner/lunch in front of the TV, today I didn't do it/avoided it.
<b>Tuesday</b>	Though I'm not used to walk, today I walked from home to work.
<b>Wednesday</b>	
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	
<b>Sunday</b>	

[Thank you!](#)