## 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	m Monday Tuesday Wednesday		Thursday		Fri	Friday		Saturday		Sunday				
										1					
		Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	Yes	No
1	I washed my hands before each meal.		х		х		x		х		х		х		x
2	I washed my hands every time after using the toilet.	x		x		х		х		х		х		х	
3	I brushed my teeth twice (in the morning and at night, before going to sleep).		х	х		х			Х	х			х	х	
4	I had a shower.		х		Х			х	Х		х		х	х	
5	I washed my hair.		х		х			х	Х		х		х	х	
6	I had breakfast, lunch and dinner.	х		х		х		х		х		х		х	
7	I had dinner with at least 2 hours before going to sleep.		х		Х		х		Х		х		х		х
8	I ate fruit.	х		х		х		х		х		х		х	
9	I ate vegetables.	х		х		х		х		х		х		х	
10	I ate one or more of the following products: -grains -rice -pasta -bread -potatoes	x		х		x		x		x		X		x	
11	I ate at least 2 of the following products:														

	-seeds -dried fruit -fish -poultry or lean meat -milk/diary products -eggs														
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		х		x		x		x
13	I ate sweets.		X		x		х		х		x		х		x
14	I drank 1, 5 – 21 of water.		X		x		х		х		X		х		x
15	I drank bottled non-alcoholic beverages.		X		х		X		х		х	Х		х	
16	I ate salty and/or spicy meals.		x		x		х		х		x	x		x	
17	I ate fast/junk food.		X		X		Х		х		x		X		х
18	I drank more than 2 cups of coffee.		X		X		X		х		х		X		х
19	I drank water during meals.		X		х		х		х		x		х		x
20	I had breakfast/lunch/dinner in front of the TV/computer.	х		х		х		х		х		х		х	
21	I went to bed no later than 11 pm.	х		х		х		х		X		X		х	
22	I slept (write the number of hours of sleep).	8		8		8		8		8		8		8	
23	I walked in the open air for at least 30 minutes.	х		х		х		Х		х		Х		х	
24	I exercised to keep fit.	х		Х		х		х		х		х		х	
25	I spent in front of the TV (write the number of hours in	2		2		2		2		2		2		2	

	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	7 I smoked. x		Х		х		х		х		Х		Х		х
28	I've been a passive smoker.		х		х		х		х		х		Х		х
29	I drank more than 20 g of alcohol.		X		X		X		х		Х		X		Х
30	I felt depressed, very unhappy; I wasn't in the mood for anything.		х		х		х		х		X		X		х
31	I faced verbal or physical violence (domestic/at school/at job etc.)		х		х		х		X		X		х		х
32	I had a stressful day		х		х		х		х		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:

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!