

**DARE TO TRY!**  
**Questionnaire**  
**“Strong Health, hAppy PEople” – SHAPE**  
**February – March, 2013**

Please read attentively the following statements/questions and answer with maximum honesty to each of them.

**1. There are some basic rules which should be followed when it comes to our personal hygiene:**

- a) washing hands before each meal
- b) washing hands every time after using the toilet
- c) washing hands after caressing an animal
- d) brushing the teeth twice a day (in the morning and at night, before going to sleep)
- e) having a shower each day
- f) washing the hair 2-3 times/week

***Please state what rules you follow and which one you don't:***

| Yes     | No  |
|---------|-----|
| a,b,d,e | c,f |

***E.g.:***

| Yes        | No   |
|------------|------|
| a, b, d, e | c, f |

**2. The following rules are connected with nutritional hygiene:**

- a) having 3 important meals each day: breakfast, lunch, dinner
- b) not skipping breakfast
- c) having dinner with at least 2 hours before going to sleep and no later than 7-8 p.m.
- d) having a balanced diet, consisting of elements of the 4 important categories:
  - fruit and vegetables
  - meat, fish, eggs, milk and dairy products
  - cereals (whole grains, bread, rice, pasta)
  - seeds and dried fruit

**Note:** If your diet includes elements from 3 of the 4 above-mentioned categories, you can choose “Yes”.

- e) eating fruit, vegetables and cereals daily
- f) avoiding fats, sugar
- g) drinking at least 1,5 l of water daily
- h) avoiding to drink water during meals
- i) avoiding snacks between meals
- j) avoiding to eat in front of the TV/computer
- k) avoiding bottled non-alcoholic beverages (Coca-Cola, Pepsi, Fanta, Sprite etc.)
- l) avoiding the alcohol use

- m) avoiding fast/junk-food
- n) avoiding coffee excessive use
- o) avoiding salt and spices excessive use
- p) avoiding cold meat (salami, sausages, bacon, ham etc.)
- q) avoiding red meat (beef, pork, lamb/mutton)

***Please state what rules you follow and which one you don't:***

| Yes                                       | No     |
|-------------------------------------------|--------|
| a, b, c, d, e, f, g, h, i, j, l, m, n, o. | p,k,q, |

**3. The following rules are connected with the body need for rest and relaxation:**

- a) the best time range for going to bed is between 9 pm and midnight
- Note:** You should catch at least 1 hour of sleep before midnight. If so, you can choose "Yes".
- b) an adult needs 7-9 hours of sleep per night, children need 9-11 hours of sleep per night

***Please state what rules you follow and which one you don't:***

| Yes  | No |
|------|----|
| a,b, |    |

**1. The following rules are connected with physical activities which help us keep fit and in a good health:**

- a) walking in the open air for at least 30 minutes daily
- b) exercising to keep fit (physical exercises/fitness/aerobic, jogging/running, riding a bike, rollerblading etc.)

**Note:** If you exercise at least 2-3 times/week or usually ride a bike, for example, you can choose "Yes".

- c) playing sports

***Please state what rules you follow and which one you don't:***

| Yes    | No |
|--------|----|
| a,b,c. |    |

**1. The following rules are connected with ways of spending free time:**

- a) spending leisure-time outdoors as much as possible
- b) spending leisure-time in an enjoyable way, according to your needs/preferences (going out with friends, reading, watching TV etc.)
- c) watching TV/using the computer no more than 3 hours per day

***Please state what rules you follow and which one you don't:***

| Yes | No  |
|-----|-----|
| a,  | b,c |

1. **Health-risk behaviours:**

**A. Substance use:**

- a) smoking
- b) passive smoking
- c) drinking alcohol (more than 20g daily)
- d) drugs use and abuse

**B. Mental health:**

- a) depression
- b) attempted suicide

**C. Violence and delinquency**

- a) domestic violence
- b) violence among students

**D. Eating disorders and obesity**

**Note:** If your BMI (Body Mass Index) is way too low or high, than you might have problems. A BMI between 18.5 and 24.9 means you are in the normal weight category. A BMI between 25 and 29.9 means you are in the overweight category. A BMI higher than 30 means obesity.

**Please state if you are/were exposed to any of the above-mentioned health-risk behaviours:**

| Yes | No                                     |
|-----|----------------------------------------|
|     | A.a,A.b, A.c, A.d, B.a, B.b, C.a, C.b, |

**E.g.:** A.a, B.a, A.d etc.

**Are you facing with the stresses of working full-time (job-related stress), going to school (school-related stress) or other situations (which can generate stress)?**

- a) Yes
- b) No

**After reading the basic rules for a healthy life, choose at least one rule you don't follow and write it below:**

.....

**What would you like to change in your lifestyle?**

I dont want to change my life. I think my life is good.

.....

.....

**Thank you for your time spent filling in this questionnaire! You should try following the above-mentioned rule for at least one week, during our activity entitled “Dare to try!” Maybe you will consider it useful and you’ll adopt it as a permanent rule starting from now on.**