

**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	Monday		Tuesday		Wednesday		Thursday		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.	x		x		x		x		x		x		x	
2	I washed my hands every time after using the toilet.	x		x		x		x		x		x		x	
3	I brushed my teeth twice (in the morning and at night, before going to sleep).		x	x		x		x			x	x		x	
4	I had a shower.		x	x			x	x			x	x			x
5	I washed my hair.		x	x			x	x			x	x			x
6	I had breakfast, lunch and dinner.	x		x		x		x		x		x		x	
7	I had dinner with at least 2 hours before going to sleep.	x		x		x		x		x		x		x	
8	I ate fruit.		x	x			x		x		x		x		x
9	I ate vegetables.		x		x		x		x	x		x		x	
10	I ate one or more of the following products: -grains -rice -pasta -bread -potatoes	x		x		x		x		x		x			x
11	I ate at least 2 of the following products:		x		x	x		x		x		x		x	

	-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		x		x		x		x	x		x	
13	I ate sweets.	x		x		x		x		x			x		x
14	I drank 1, 5 – 2 l of water.		x		x		x		x		x		x		x
15	I drank bottled non-alcoholic beverages.		x		x		x		x		x		x		x
16	I ate salty and/or spicy meals.		x		x	x			x		x		x		x
17	I ate fast/junk food.		x		x		x		x		x		x		x
18	I drank more than 2 cups of coffee.		x		x		x		x		x		x		x
19	I drank water during meals.	x		x		x		x			x		x		x
20	I had breakfast/lunch/dinner in front of the TV/computer.		x		x		x		x		x		x		x
21	I went to bed no later than 11 pm.		x		x		x		x	x		x			x
22	I slept ... (write the number of hours of sleep).	4		6		6		7		6		7		2	
23	I walked in the open air for at least 30 minutes.	x		x			x	x		x			x		x
24	I exercised to keep fit.		x		x		x		x		x		x		x
25	I spent ... in front of the TV (write the number of hours in	1		1		0		0		2		2		1	

	each column).														
26	I spent ... in front of the computer (write the number of hours in each column).	6		5		10		2		3		2		1	
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.**

<u><b>Day of the week</b></u>	<u><b>Mentions</b></u>
<b>Monday</b>	<u><b>I ate dinner earlier (more than 2 hours before going to sleep)</b></u>
<b>Tuesday</b>	<u><b>I went to school by bike to have some physical exercise</b></u>
<b>Wednesday</b>	<u><b>I tried to drink more during the day, and ate fruit and grains</b></u>
<b>Thursday</b>	
<b>Friday</b>	
<b>Saturday</b>	<u><b>I went to bed before 11 pm</b></u>
<b>Sunday</b>	<u><b>I spent only one hour in front of the computer</b></u>

**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!](#)