

INTERVIEWER'S NAME: _____		INTERVIEWEE'S NAME: _____		
Activities		A lot	Not much/many	None
		2	1	0
Health habits	Do exercises			
	Play sports			
	Eat fruit			
	Drink milk			
	Have proper sleep (enough, right times)			
	Drink water			
	Eat vegetables			
	Have good personal hygiene			
	Have good entertainment habits			
	Social habits			
Unhealthy habits	Eat biscuits			
	Eat chocolates			
	Drink soft drinks & fizzy water			
	Drink alcohol			
	Drink coffee			
	Smoke			
	Eat fastfood			
	Eat junk food/processed food			
	Eat fried food			
	Eat fatty food			
	Eat instant noodles			
	Eat too spicy food			
	Overeat			
	Stay up late			
	Play video games			
	Watch TV			