

Do the questionnaire and find out if your lifestyle is healthy.

1. Do you eat healthily?

- a. I eat vegetables and fruit every day.
- b. I eat a lot of healthy food, but sometimes I eat sweets and fast food.
- c. I like fast food and eat pizza or burgers 3 or 4 times a week.
- d. I don't eat vegetables, I prefer fast food and sweets.

2. Do you do any sports or play any active games?

- a. I love sports! I do exercises every day and I am very active.
- b. I go to a sports club 2-3 times a week.
- c. I sometimes play sports games like football or go skiing at the weekend.
- d. I rarely do any sport. I don't like it.

3. How many hours a day do you spend outside?

- a. More than 3 hours a day. I like walking or playing outside.
- b. About 2-3 hours a day.
- c. About 1 hour a day.
- d. Less than 1 hour, only when I go to school and back.

4. Do you sleep well? How many hours of sleep do you get per night?

- a. More than 8 hours.
- b. 7-8 hours.
- c. 6-7 hours.
- d. Less than 6 hours.

5. Do you drink enough? How many glasses of pure water do you drink per day?

- a. More than 6 glasses. Water is healthy.
- b. 4-6 glasses. That's enough for me.
- c. 3-4 glasses, but I also drink tea, juice and other drinks.
- d. 1-2 glasses. I don't like water, I prefer juice or fizzy drinks.

6. How much time do you spend on electronic devices (phones, computers, TV) daily?

- a. I have very little time for that. Less than 1 hour.
- b. About 1-2 hours a day.
- c. About 2-4 hours. I can't spend more because I have other things to do.
- d. More than 4 hours. I love playing computer games and surfing the Internet.

7. How often do you spend time with friends?

- a. Almost every day. We usually go somewhere or just play outside.
- b. Often, about 3-4 times a week.
- c. Occasionally. Usually at the weekend about once a week.
- d. Rarely. We don't meet every week, I think it would be too often.

8. Do you take any vitamins?

- a. Yes, I do. I take vitamins every day.
- b. I take vitamins 2 or 3 times a week.
- c. I often forget to take my vitamins, so I take them sometimes but not regularly.
- d. I never take any vitamins.