

1. When does his perfect day usually start?
 - a) At sunrise
 - b) At sunset
 - c) At night
 - d) In the afternoon

2. When does he occasionally hold a meeting to plan your day's activities?
 - a) In the morning
 - b) In the evening
 - c) At night
 - d) Never

3. Which season is his perfect day set in?
 - a) Winter
 - b) Spring
 - c) Summer
 - d) Autumn

4. What activity does he do in the winter to clear his mind and stay focused?
 - a) Meditate
 - b) Take his dog for a walk
 - c) Read a book
 - d) Exercise

5. How often does he miss his workout during the day?
 - a) Frequently
 - b) Rarely
 - c) Occasionally
 - d) Never

6. What does he prefer to do at night to relax and prepare for sleep?
 - a) Read a book
 - b) Exercise
 - c) Hold a meeting
 - d) Watch TV

7. How does he feel about his lifestyle in the future?
 - a) Excited
 - b) Unsure
 - c) Uninterested
 - d) Anxious

8. How does a new daily routine positively impact his life compared to the past?
 - a) Make him more disciplined and focused
 - b) Make him less motivated and distracted
 - c) Has no impact on his life
 - d) Cause him to miss important events