

Step 3: Test your questionnaire and ask your questions to a friend, classmate or family member to see if the person has healthy or unhealthy habits.



Step 4: Observe the questionnaire results and **give** some recommendation.

A. If the result shows bad lifestyle, give some WHO recommendations to the person.

Dear friend,

You have to follow WHO recommendations to improve your _____ habits.

Add a picture
about your
recommendation

Take care,

(your name)



B. If the results show healthy habits, congratulate the person in English by writing 3 of his/her actions in a note to reinforce their good habits.

Dear friend,

You have healthy habits, **congratulations!**

1. _____
2. _____
3. _____

Help spread the word about healthy lifestyle!

(your name)

Add a picture
about your
recommendation

