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				

LIVEWORKSHEETS