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.

LIVEWORKSHEETS