How many hours of sleep do you get every night?

1. More than 8
2. 7-8 hours
3. 6 hours
4. Less than 6

Do you consider your food choices to be healthy?

1. I’ve never thought about that
2. Yes, I am very conscious about my food choices
3. I don’t care

What do you choose between staying home and watching TV and jogging?

1. Staying home and watching TV
2. Jogging
3. Both
4. Neither

How many vegetables and fruit do you eat per day?

1. 4 pieces
2. More than 4
3. None

Do you keep track of the number of calories you eat per day? If yes, how many do you get?

1. 1200
2. 1600
3. Fewer than 1200
4. More than 1600
5. I do not know

How often do you do sports?

1. Twice a week
2. Every day
3. Sometimes
4. Never

How often do you exercise in the morning?

1. Twice a week
2. Every day
3. Sometimes
4. Never