

**A questionnaire on healthy lifestyle prepared as part of
the project Erasmus +
„A Sound Mind in a Sound Body”**

Mark your answers with a cross (x)

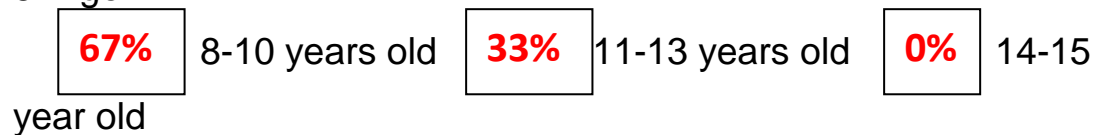
1. Sex



2. Dwelling place



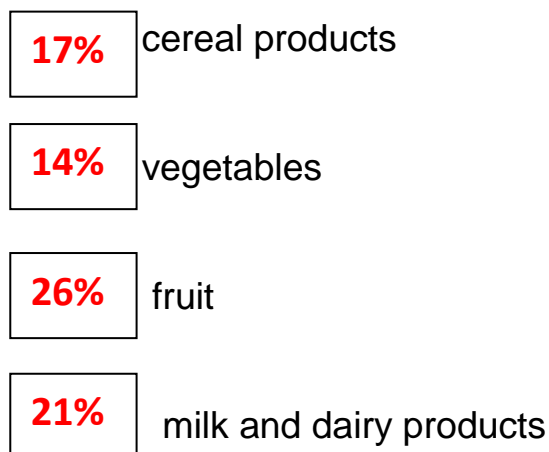
3. Age



4. Do you know what The Healthy Eating Pyramid is?



5. What kind of food do you eat most often (a day)? You can
choose more answers.



15% meat

7% sweets

6. Do you have breakfast?

63% yes, always

17% often

11% hardly ever no,

9% I have no time

0% no, I don't need it

7. How many meals a day do you have?

24% fewer than 3 meals

71% 3-5 meals

5% 6 and more meals

8. Do you drink at least 2 litres of water a day?

72% yes

14% no

14% it's hard to say

9. How often do you eat fast food?

9% often

42% sometimes

43% hardly ever

6% never

10. What does „a healthy lifestyle” mean to you? You can choose only 3 answers.

5% lack of addictions

33% healthy diet

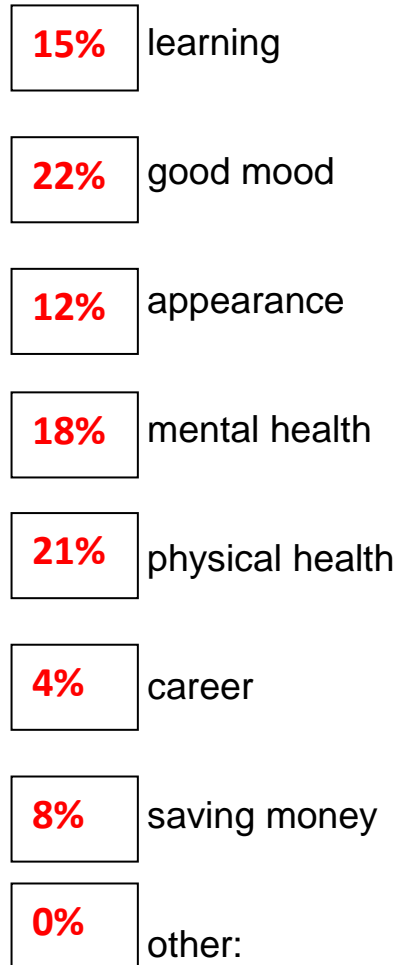
31% physical activity

12% rest

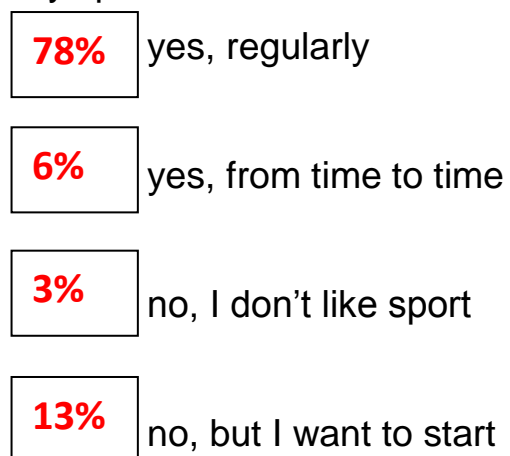
19% mental state

0% other:

11. What does „a healthy lifestyle” influence? You can choose more answers.

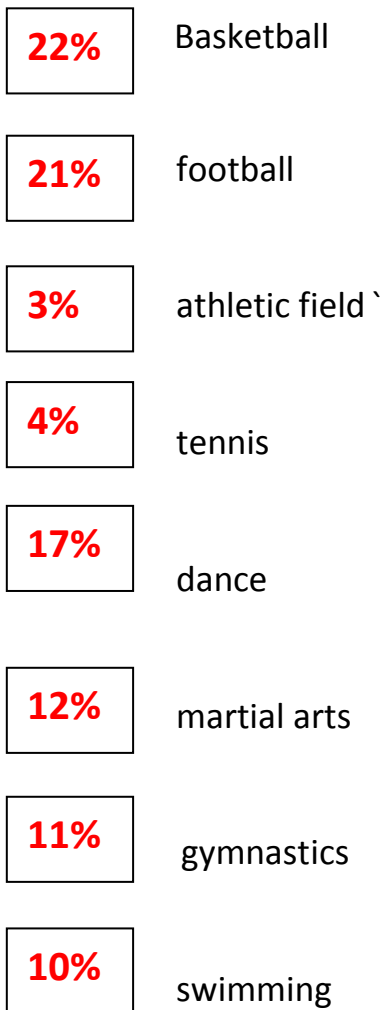


12. Do you do any sport?

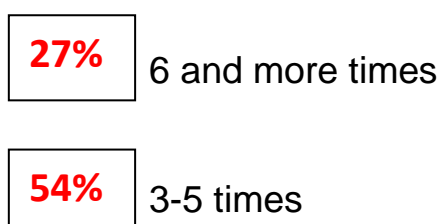


13. What sport do you practice?

If your answer for the previous question was negative, leave this one.



14. How many times a week do you do any physical activity?



19% 1-2 times

15. How many hours a day do you spend outside?

10% 0-1 hour

24% 1-2 hours

6% 3 hours

60% more than 3 hours

16. What do you like doing most in your free time? You can choose more answers.

17% meeting with my friends

11% listening to music

9% watching TV

15% doing sport

10% using my computer or other technologies

9%

walking and going on trips

9% reading books

10% doing hobby

9% lying and sleeping

1% other - what? Painting, board games, play music, dancing, singing, crafts

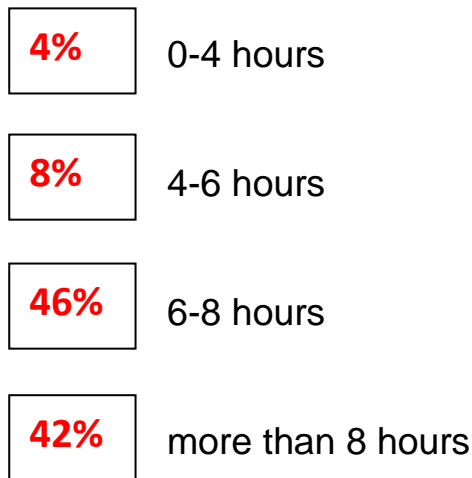
17. How much time do you spend a day using your computer, smartphone, tablet, TV?

67% 0-2 hours

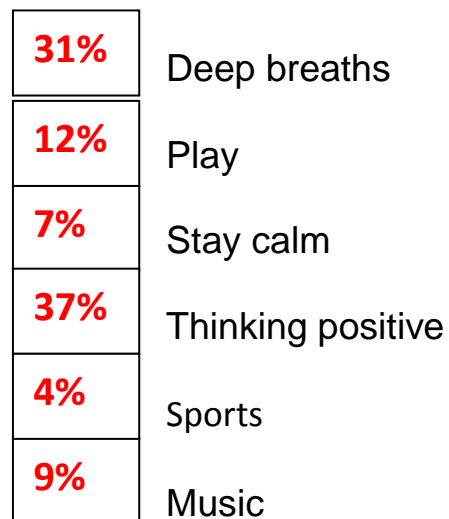
22% 2-4 hours

11% 5 and more hours

18. How much time do you sleep a day and night?



19. How do you manage your stress?



Your life and health are the most precious things you have.

Thank you for completing this questionnaire.