

## Food and Exercise Questionnaire



Please answer the following questions as honestly as possible...remember it is not a test.

1. How many portions (a handful) of fruit of vegetables do you eat a day?
2. How many glasses of water do you drink per day (*this can be diluting juice but fizzy drinks do not count*)
3. If you have snacks at home what are they?  
*Apples/crisps/chocolate etc*
4. How often would you have a snack a day?
5. Do you exercise daily? Yes/No
6. If you do exercise daily what type of activity do you do? *Walking, running, walking the dog, cycling, playing football etc*
7. If you do not do any daily exercise, is there a reason why you do not?
8. What is your favourite food?
9. What is your least favourite food?
10. What is your favourite sport/activity?