
HEALTHY LIFESTYLE QUESTIONNAIRE

This is a questionnaire to find out how healthy the lives of our students are.
Your answer will be very useful for us, Thank you!

* Required

Sex

Male

Female

Do you sleep 8 hours a night? *

Always

Often

Sometimes

Never

Do you eat fruits and vegetables? *

Always

Often

Sometimes

Never

Do you skip breakfast? *

Always

Often

Sometimes

Never

Do you eat junk food? *

Always

Often

Sometimes

Never

Do you drink enough water? *

Always

Often

Sometimes

Never

Do you go out for a walk/run? *

Always

Often

Sometimes

Never

Do you play sports? *

Always

Often

Sometimes

Never

Do you relax? *

Always

Often

Sometimes

Never

SUBMIT