



FITNESS FIRST – QUESTIONNAIRE

1. What is your attitude to physical exercise? Do you like sport?	a) Yes, I do	b) No, I don't	c) No, but I have to do it	
2. What leisure activities do you prefer?	a) Physical exercise	b) Artistic	c) Others	
3. How do you go in for sport?	a) I compete in it	b) Just for fun	c) I don't do it at all	
4. Where do you prefer doing sports?	a) Outdoors	b) In the gym / fitness centre	c) At home	
5. How much time do you spend doing sport every week?	a) More than 5 hours	b) 2 – 5 hours	c) Less than 2 hours	
6. Who do you usually do sport with?	a) On my own	b) In a group of friends	c) With my family	
7. Do you do sport on every weekday? (Jogging, ball games... including PE lessons?)	a) Yes, I do	b) No, I don't		
8. Have you ever tried an extreme sport?	a) Yes, I have	b) No, but I'd like to	c) No, I'm not interested	
9. How much time a day do you spend walking?	a) More than 1 hour	b) 0.5 – 1 hour	c) Less than half an hour	
10. In your opinion, could you manage more physical activities?	a) I haven't thought about it	b) Yes, I would	c) No, I wouldn't	
11. How many meals do you eat during a day?	a) 3	b) 5	c) Every now and then	
12. Do you have breakfast every day?	a) Yes, I do	b) Seldom, when I have time	c) No, I'm not hungry	
13. How long do you eat your lunch on weekdays?	a) More than 20 minutes	b) 10 – 20 minutes	c) Less than 10 minutes	
14. How many times a day do you have a hot meal?	a) Sometimes more than 1	b) Always at least 1	c) I rarely have it	
15. What would you prefer for lunch?	a) Steak and French fries	b) Fruit dumplings	c) Vegetable salad	
16. How do you usually prepare meals at home?	a) From fresh ingredients	b) Mostly ready-made meals	c) We have them sent	
17. How often does all your family meet over the meal?	a) Regularly	b) Seldom	c) On special occasions	
18. Do you keep drinking régime? Do you drink at least 2.5 l of liquid a day?	a) Yes, always.	b) Seldom	c) I don't care	
19. What do you usually drink?	a) Sparkling water	b) Tap water	c) Sweetened drinks	d) Others: name
20. Do you like eating out?	a) Yes, in the restaurant	b) Yes, in fast food	c) No, I don't	
21. Have you ever been on a diet?				



22. a) Yes, I have b) No, I haven't
23. Are you a vegetarian? a) Yes, I don't eat any meat. b) No, but perhaps I'll be c) No, I like meat
24. How many hours a day do you sleep? a) Less than 7 hours b) Between 7 – 9 hours c) More than 9 hours
25. Do you help your parents with housework? a) Yes, I have to b) No, I don't c) Only sometimes
26. How much time does doing homework take you? a) Less than 1 hour b) 1 – 2 hours c) More than 2 hours
27. How much time a day do you spend watching TV? a) Very little b) About 1 hour c) More than 3 hours
28. How much time do you spend using a computer? a) Less than 2 hours b) 2 – 4 hours c) More than 4 hours
29. Have you got a pet ? If so, do you look after it? a) Yes, regularly. b) I don't look after it. c) I haven't got a pet.
30. How much time a day do you spend outdoors with your friends? a) More than 3 hours b) 1 – 3 hours c) Less than 1 hour
31. How do you spend your free time at weekends? a) One-sidedly (e.g. PC) b) I manage a lot of activities c) With my parents only