

HEALTHY LIFESTYLE QUESTIONNAIRE (Ages 7-12)



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General

 Survey name	HEALTHY LIFESTYLE QUESTIONNAIRE (Ages 7-12)
 Author	Júlia Díez
 Survey language	 English
 Survey URL	https://www.surveio.com/survey/d/G5M7Y3C6J9D9N4A30
 First response	09/29/2018
 Last response	10/30/2018
 Duration	32 days

Survey visits

470

Total visits

319

Total completed

0

Total unfinished

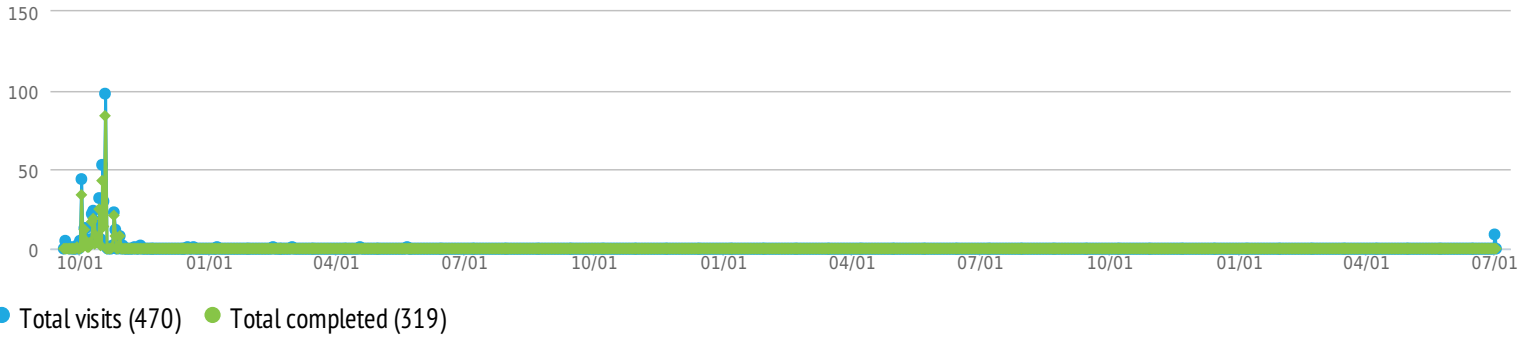
151

Displayed only

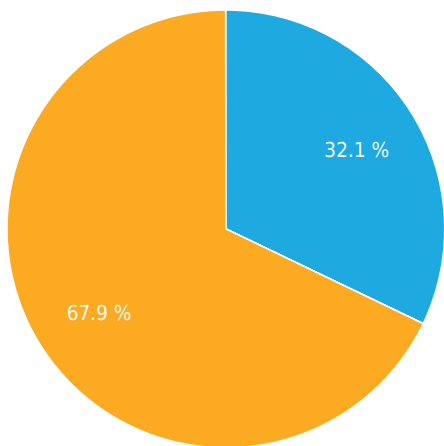
67.9 %

Overall completion rate

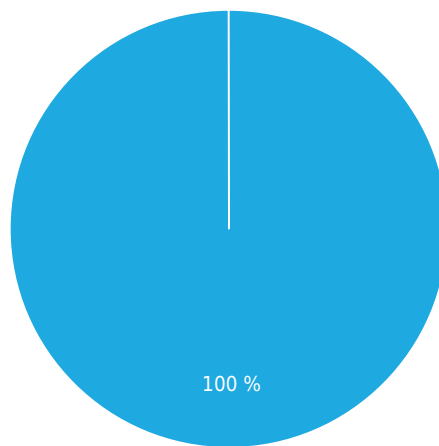
Visit History (09/29/2018 – 10/30/2018)



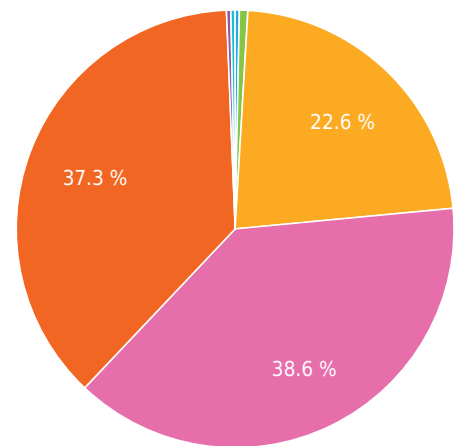
Total Hits



Visit Sources



Average Time of Completion



- Displayed only (32.1 %)
- Unfinished (0 %)
- Completed (67.9 %)

- Direct link (100 %)

- <1 min. (0.3 %)
- 1-2 min. (0.6 %)
- 2-5 min. (22.6 %)
- 5-10 min. (38.6 %)
- 10-30 min. (37.3 %)
- 30-60 min. (0.3 %)
- >60 min. (0.3 %)

Filters by



Date

Only responses during:

09/14/2018 - 11/24/2018



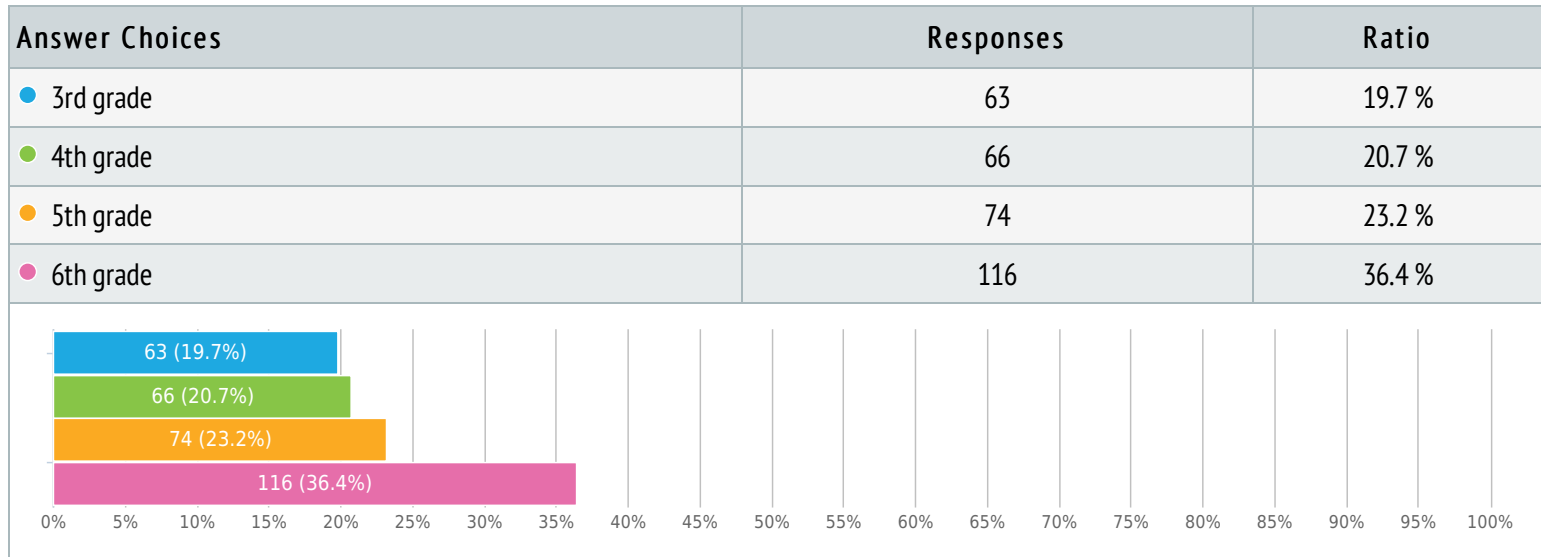
Discarded answers

0

Results

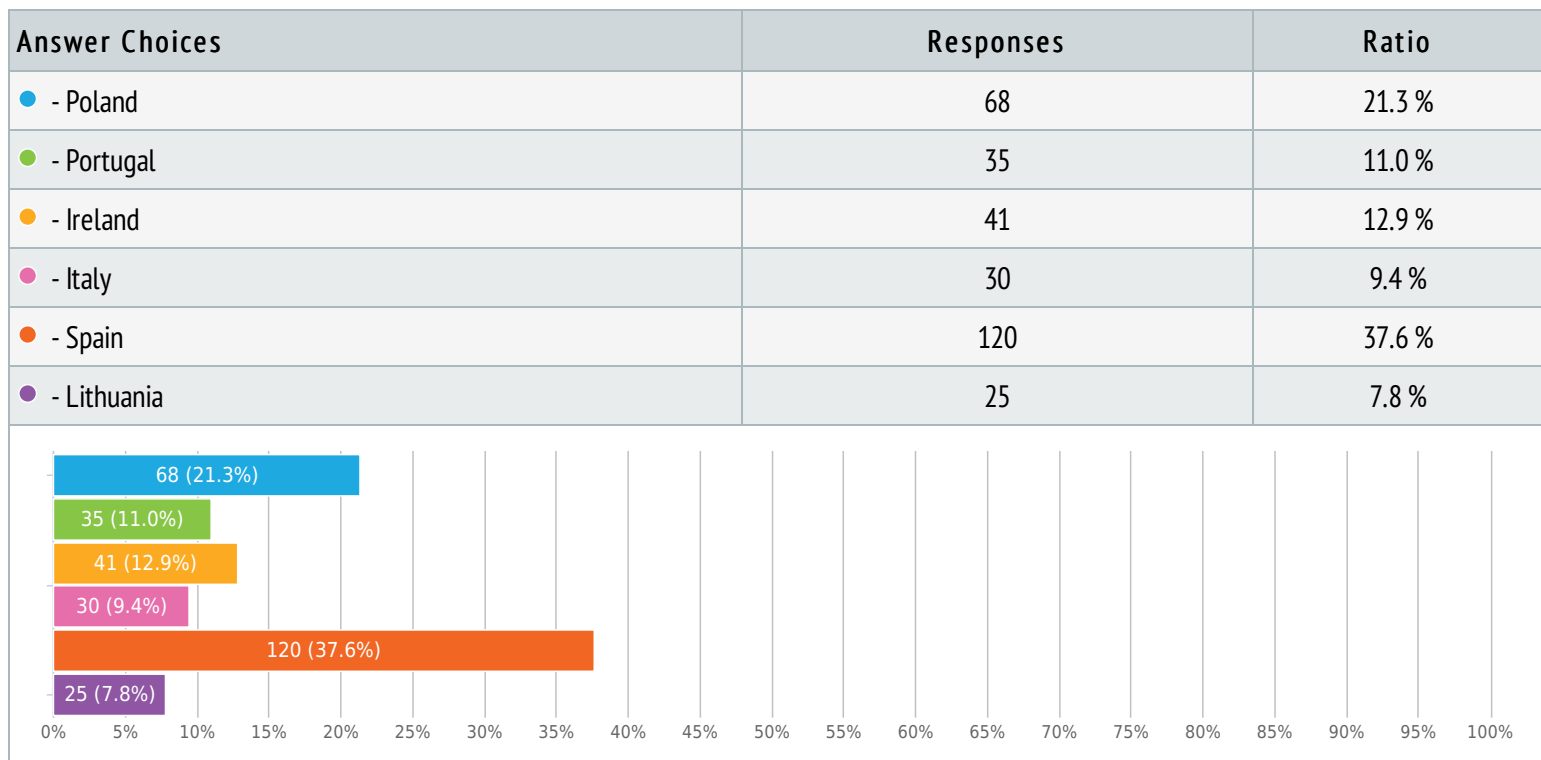
1. What grade are you in?

Single choice, answers 319x, unanswered 0x



2. Where are you from?

Single choice, answers 319x, unanswered 0x



3. How old are you?

Text answer, answers 319x, unanswered 0x

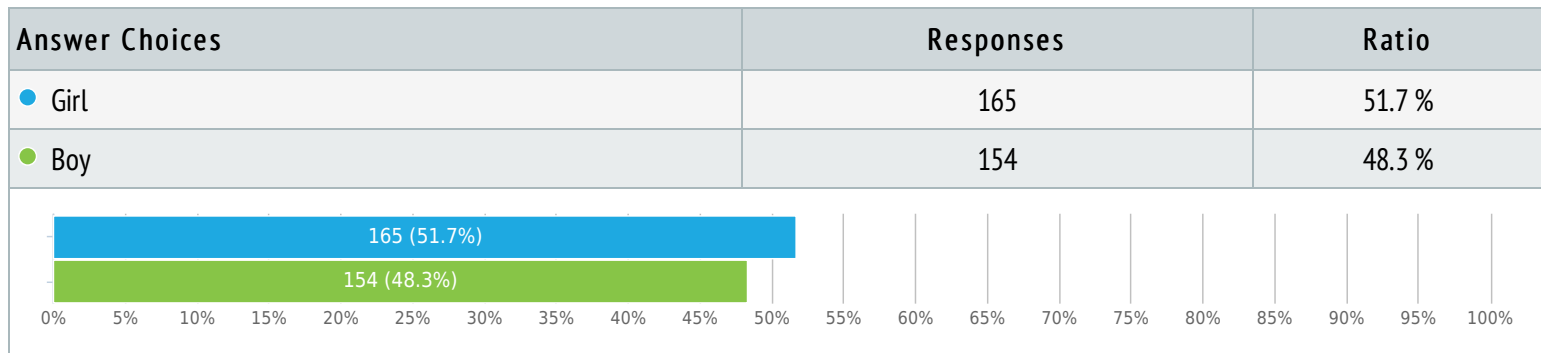
- (35x) 11
- I ' am 11 YEARS
- (3x) I'm 11
- (2x) i am 11 years
- alrd ar is 11
- i am 11
- (31x) 10
- im 10 years old
- im 11 years old
- (14x) 11 years old
- (43x) 12
- hola soy german
- i'm eleven years old
- (2x) i'm 11 years old
- I'm 11 years old
- (2x) i am 11 years old
- I am ten years old
- eleven
- I' am ten years old
- I' am eleven iears old
- (2x) 11 years
- 11 yerars old
- i'm 11 years old
- (54x) 9
- (3x) I am 11 years old
- (7x) 10 years old
- (5x) 7
- (30x) 8
- 10 yearas
- i am 10 years old
- 10 yars old
- a im 10 years old
- I'm 8 years old
- I'm ten years old
- I 10 years old

- (2x) I am 9 years old
- (2x) I am 9
- im 7 years old
- 9 years old.
- 8 years old
- i am 10 years old
- 9 years old
- I am 10 yers old
- im 10 yers old
- 5 de february
- im am 10 years old
- (3x) 13
- 42
- twelve
- 12 years lod
- (6x) 12 years old
- 11YEARS OLD
- 12 yeas old
- l'am ten years old
- i am 12 years old
- 9 yers old
- I have 12 years old
- I am twelve years old
- I am 10 years old
- no
- l'm eleven.
- I am 12 years old
- (2x) nine
- MY OLD IS 9
- lm 9 years old
- im 9
- (7x) Eight
- (3x) Ten
- Nine
- Seven
- I am nine years old
- (3x) Eleven
- l'm 12
- 9 yearsold
- im 9 yeas old

- I'm 10 years old
- is 11 years old
- Im 10 years old
- i'm 10
- I'm 10

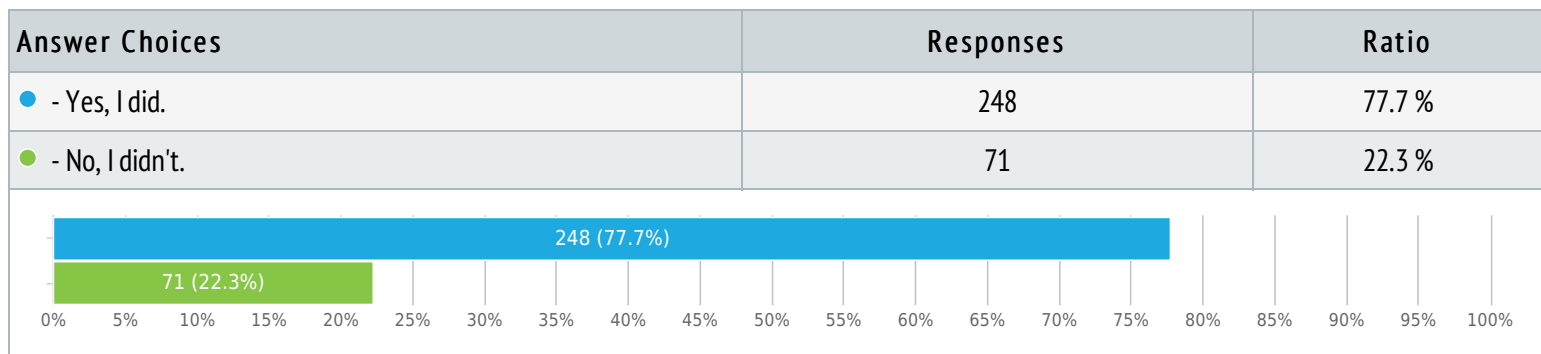
4. Are you a boy or a girl?

Single choice, answers 319x, unanswered 0x



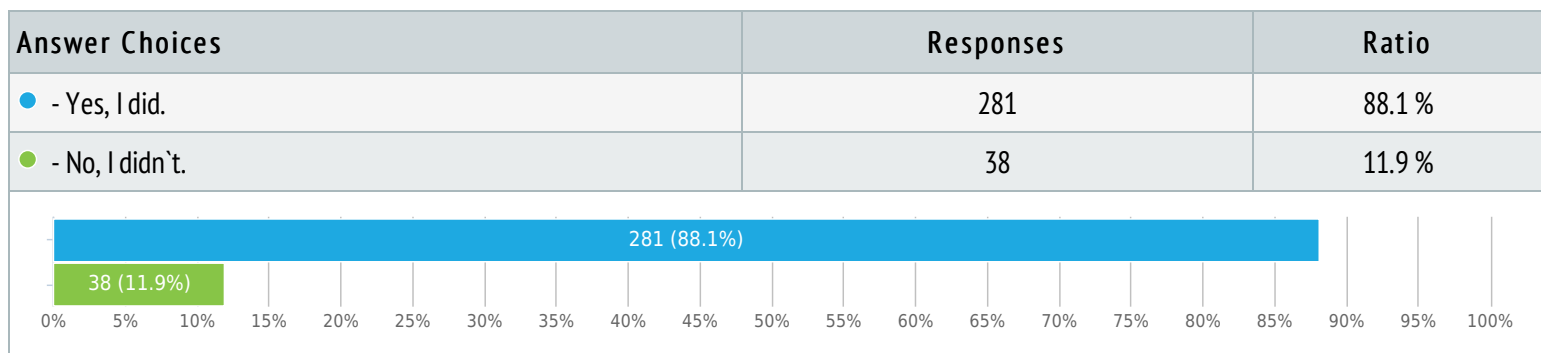
5. Yesterday, did you eat any vegetables?

Single choice, answers 319x, unanswered 0x



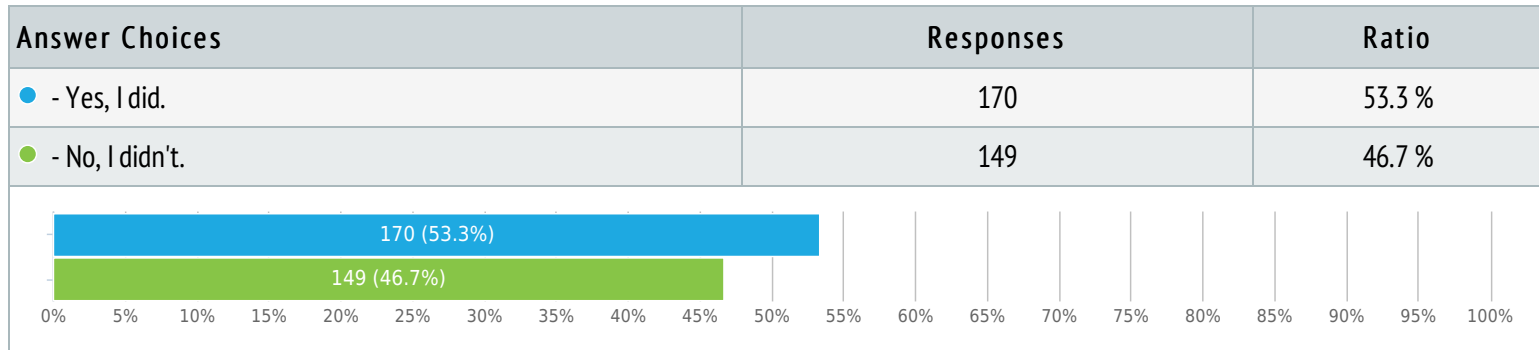
6. Yesterday, did you eat fruit?

Single choice, answers 319x, unanswered 0x



7. Yesterday, did you eat any biscuits, cakes or ice creams?

Single choice, answers 319x, unanswered 0x



8. What do you usually eat for breakfast?

Text answer, answers 319x, unanswered 0x

- I usually have cafe with milk
- (7x) sandwich
- I usualy have sandwich
- (13x) I usually have milk and cereals
- i usually have a sangwich
- the milk and cacao
- the milk and cerials
- (2x) a toast with ham and cheese and milk with puff pastry
- i usually have toust
- i usually have cereals
- I usually have a toast and orange juice
- i usualy have milk with cookies
- i usually milk and cereals
- y usally milk and sanwitch
- I usualy have a toast with strawberry jam and orange juice
- no
- 12
- i have milk and cereals
- i usually have a fruit and milk
- i usally have milk and cereals
- (2x) I usually have a milk and cereals
- i usually milk , cereals and a bannana
- yes i do
- I usaly have milk and biscuitus

- (7x) cereals
- sometimes
- i eat sandwich
- sandwiches
- I usally a sandwulich
- I usually a sandwich
- I usually have mili and cereals
- I usually eat a sandwiche
- (19x) milk and cereals
- i usually have sandwich
- (4x) milk and biscuits
- (7x) cereals with milk
- cereals and milk
- (3x) milk with cookies
- (2x) Milk and cereals
- Cereals and milk
- De tot
- I usally have milk and cereals
- (3x) i usually have milk
- I usually have a sandwich and orange juice
- i usally have orange juice and yogurt
- I ususally have milk and cacao
- I usually have milk and cereals, and orange juice
- Sometimes I haver milk and cereals, but I also have bread with cheese or york, or a croissant two times a week
- I usually have a colacao and some bread
- (6x) I usually have milk and biscuits
- I usually have cereals
- i usally have milk and cookies
- Milk with cereals
- milk with cereals
- Milk with cocoa
- milk and cookies
- milk with cupcakes and cookies
- croissant with nutella
- milk, cereals, spreaded abocado on a slice of bread
- milk and sandwich
- milk and cerials
- i usually have milk and cookies
- i usually have milk and an apple
- I usuaiiy have milk and cereals

- I usually eat have miolk and waffles
- milk and waffles
- (2x) Sandwich
- (2x) sanwich
- I usually have actimel and cokies
- (3x) i usually have milk and cereals
- cirials
- milk calacao
- milk and and cereals
- Bread with Nutella and iogurth
- Cereals bread and milk
- Bread with butter and cereals and milk
- milk cereals
- (8x) milk
- Never
- (2x) i usually have milk and biscuits
- I età Milk biscuits
- Biscuits
- I usually just fruit and snacks
- Milk and coffee
- Milk and coffee with rusks and jam
- Bread and ham
- snacks
- Yougurt and biscuits
- I usually have sandwiches
- I usuali have tea and biscuits
- Milk
- (3x) nothing
- I don't like eat breakfast.
- I usually have tea and sandwich
- i usually have cereal
- I usually have cereal
- I usually have porridge and a cup of tea.
- I usualy have sadwich cut of tea
- I usualy have sweet cream
- I usually have porrdg and cup tea
- I usually have a sandwiches and tea.
- I usuall have a sanwich and tea
- I usually have a sandwich and milk

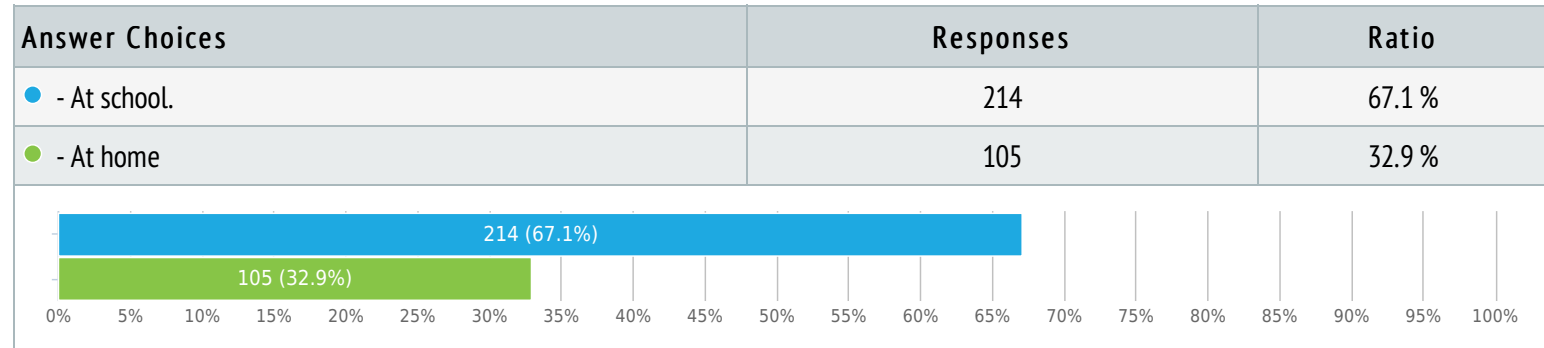
- I usually have a sandwich and tea
- i usually have a sandwich and tea
- (2x) i usually have eggs
- I usually have a sandwich and tea
- I usually have sandwiches.
- I usually have a sandwiches.
- Mille and biscuits
- Milk and cereal
- I always have milk and two biscuits
- usually have cereals
- I drink glass of orange juice
- I usually est yogurt
- (2x) fruit
- A sandwich
- I usually have a sandwich, tamato, cheese
- a sandwich
- (2x) I usually have a sandwich
- egg
- I eat sandwich
- Yes
- yes
- EGG
- I usually eat sandwich
- (5x) bread
- (2x) i usually have a sandwich
- i usually eat sandwich
- bred vegetables and mint
- sandwich and chese
- A sandwich with ham and cheese
- różne rzeczy
- I often eat cereals and milk or sandwich
- egg,milk,cerious
- sandwich, milk and cerels
- i usually sandwich
- I usually have milk and cereals with banan
- sandwich or milk and cereals
- jogurt
- milk and cirial
- milk and fruit
- Cereals

- I usually have Milk and biscuits
- milk and cereal
- suriols
- SANDWICIS
- pizza
- milk and cookies
- i usually milk and cookies
- milk and bread
- Milk and biscuits
- I usually have water and biscuits
- bread and water
- Meat and potatoes
- skrambled eggs
- milk and ciries
- SANDWICH
- BRED
- milk and baot
- (2x) BANANA
- KROMKE
- I usually have milk and yogurth
- appel
- CEREALS
- I usually have a eggs
- piece of cake
- apple
- I usually have yogurth
- kebab
- Cheerios and weetabix
- Fruit and fiber
- (6x) Coco pops
- (2x) Weetabixs
- (2x) Rice crispys
- Cornflakes
- Cheerios
- A fry
- (2x) Rice crispy
- (4x) Toast
- Wheat is
- Poring

- Wearability
- (2x) Corn flakes
- Weetabix
- toast with sausage
- Toast,cearal
- Weetibix
- Cearal
- A cup of Milk and some biscuits
- Shredies
- Cereal or sometimes toast
- Oats and more
- Cereal
- Toast and a cup of tee
- Wheatabix and a cup of tea
- (2x) Wheatabix
- Toast or cereal
- Pancakes, Bacon, Maple Syrup
- Egg
- biscuit
- colacao
- y have milk and cereals
- milkchake banana
- milk cereal toust
- have a sandwich and juice
- yogurte
- Banana
- biscuits and milk
- fruit and yoghurt
- porridge
- cereal with milk
- tea
- eggs
- I have a sandwich and an orange juice
- I usually have biscuits and milk
- I have milk and cereals
- I have milk
- I usually have orange juice and a toast with jamon or cheese
- sandwich and milk

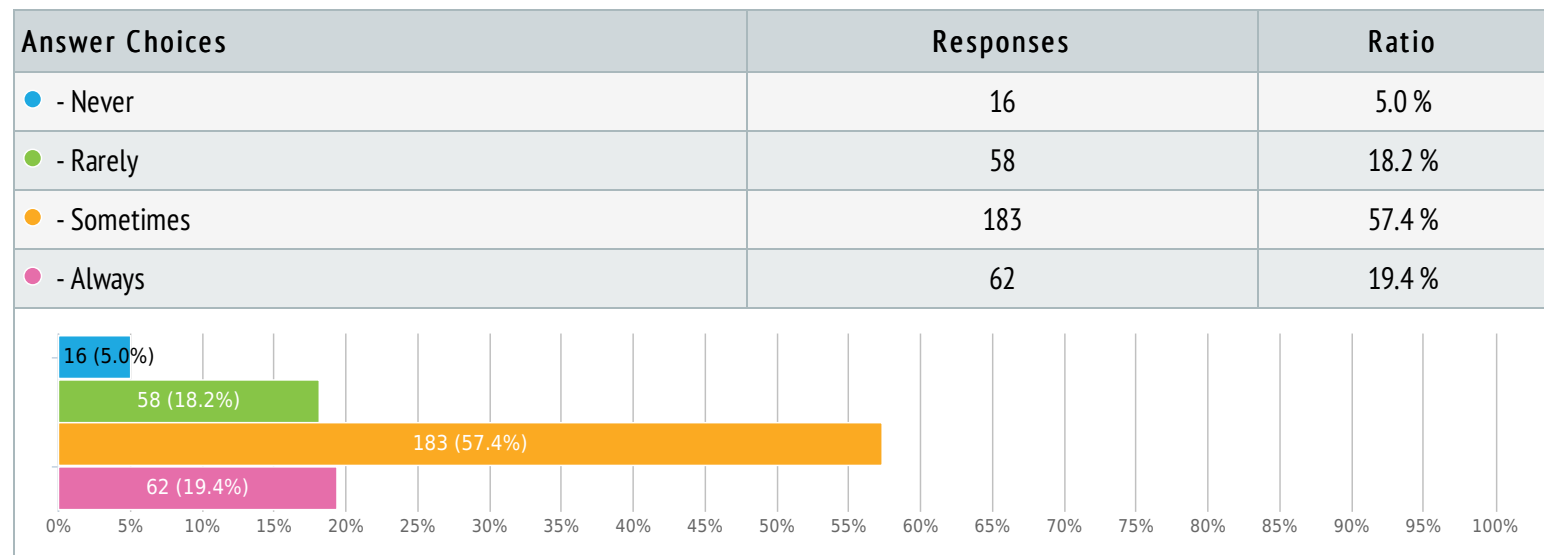
9. Where do you have lunch?.

Single choice, answers 319x, unanswered 0x



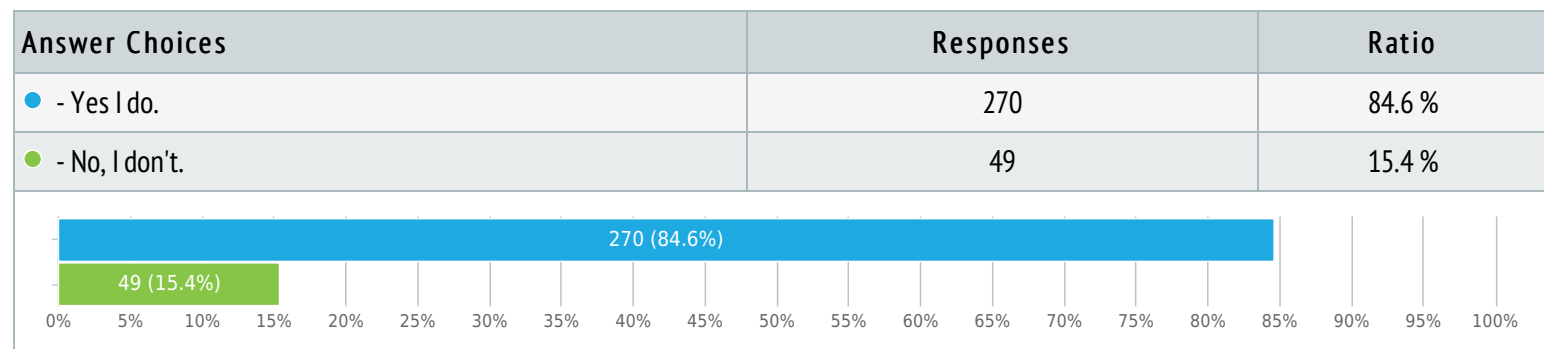
10. Do you go food shopping with your parents

Single choice, answers 319x, unanswered 0x



11. After school, do you do any sport?

Single choice, answers 319x, unanswered 0x



12. What sport do you do?

Text answer, answers 319x, unanswered 0x

- I go treaking
- (7x) run
- I play football and ciclism
- I play basketball and acrobatic shilks
- (3x) fotball
- playing football
- the playing football
- (2x) Depends on what day on Friday cloths and the other days I will play with friends and friends I usually run
- (3x) i play basketball
- to ride a horse
- i play basquetball
- i play basketball and acrovatics shilks
- I go swimming / I go cycling
- (17x) I play football
- I go ski and kayaking
- I go to ride a horse and acrobatic silks
- kayaking and sking
- hola
- (5x) basketball
- i go walking or running
- i play basketball in the school
- I do acrobati silks and skiing
- I go with the bicycle and walk
- i play climbing
- I do comvat and dance,jumping and swiming
- i go to climbing
- I go kayaking,football,sking,biking and climing
- I dancing and basketball
- I play football and running
- (6x) I play basketball
- I GO BASKETBALLLL
- I play Padel
- Caiac i escalada
- (14x) football
- basketball, karate, swimming and football.

- swimming, ride the bike, clothes,
- swimming, basketball, karate.
- jumping, dance, clothes and rhythmic gymnastics.
- football, run, ride a bike, karate.
- (2x) Swimming
- Run
- I play acrobatics silks
- i play karate
- I play ran
- i do acrobatics silks
- i go runing
- Athletics and gym (zumba & jumping)
- I 'm running or ride a bike
- I go to athletics, i go in bike, i play futbol and badminton
- dance jumping ritmic and acrobatic gym
- i go swimming .
- karate, skating, cycling
- (10x) swimming
- I don't practice any sport.
- football and tennis
- swimming, karate and basketball
- football, tennis and some games with my dog
- clothes and skating
- play basketball
- plya futbol
- (5x) i play football
- I go sking and castles
- I play ballet an swimming
- dance and gymnastic
- Skiing
- futbol
- kaiaking
- I do acrobatic silk
- i do athletics, i do sky and acrobatysilks
- i play hanboll
- i play futbol
- Type the answer. for footbal
- (2x) None
- Riding horse
- No sports

- (2x) footbal
- artistic skating
- artistc skating and dancing
- (13x) Football
- i dance hip hop
- (2x) I play Football
- Nothing
- Dance
- (2x) I play soccer
- muay thay
- I practise dance
- (7x) dance
- chests
- (4x) I go swimming
- (3x) I play square
- I don't do any sports
- I play squere
- I play square and I dane in a hobby group.
- athclet
- I play square, swimming and I Dance
- basketball or dance
- (2x) I dance.
- I play ride a bike
- I do not do any sport
- i dont have any sports.
- I play basketball.
- I do karete.
- never
- (3x) Tennis
- I play a football
- i go swimming and bicke
- I am cycling
- (2x) acrobatic silks and gymnastics
- I am dancing
- (2x) ride a bike
- bascetball
- gimnastics
- always
- BASCETBALL

- Running and basketball
- Fotball
- ran
- I don't do any sports.
- I play table tennis, swimming and kayaking
- horse riding
- i gymnastic
- yoga,basketball
- dance, piano, basketball, volleyball, learning korean language
- Ju-jitsu
- volleyball
- basketball,swimming
- (2x) gimnastic
- I play football
- basket
- sliming
- (2x) jump
- GIMNASTIC
- foatbol
- I play ballet and and swimming
- i play hockey
- i play swimming and btt
- taykondo
- martial arts
- I go swimming.
- Volleyball
- (2x) acrobatic silks
- kaiak
- run, football
- dancing and running
- marcial arts, clothes
- tennis
- foodball
- (2x) swim
- (2x) FOOTBALL
- play football
- (2x) TENNIS
- koszykowka
- run, clothes and swimming
- RUN

- harcerze
- run 6m
- dance and ride a horse
- Camogie ,Galic football,athletics,swimming.
- Basketball
- Swimming,dancing,galic football,camogie
- Camomile
- Camogie swimming dancinG
- Football,basketball,camogie
- Horse racing
- Camogie and swimming
- Hurling
- Comogei
- Swimming,camogie dancing
- (4x) Soccer
- Football,basketball,
- Camgie
- My bike
- swimming, clothes
- clothes, rythmic gymnastics
- Dancing,soccer
- Caomige
- Soccer,football ,aking,dancing
- I do camogie Irish dancing and gymnastics
- A bit of everything
- football, handball, tennis and basket
- I go Irish dancing
- Camogie football music and athletics
- Swimming,camogie,dancing
- clothes
- I play Camogie and I dance
- Soccer hurling and kick boxing
- I play camogie
- gaa and soccer
- Hurling soccer and Gaelic football
- Hurling soccer boxing
- Soccer/hurling/swimming/basketball
- Hurling
- I play footbol

- i play acrobatics silks and montandbike
- i usually play hanball
- i play footbal
- none
- i go swimming and dance
- figure skating
- yoga
- I play Football
- Ballet
- ginasio
- running
- I play footbal
- theatre
- i play judo
- I go dancing
- I do judo
- combat and zumba
- (2x) I play basketball and do judo
- I do gymnastics
- acrobatiics and castellers
- Swimming and atletism

13. What's your favourite sport?

Text answer, answers 319x, unanswered 0x

- My favourite sport is treaking
- ski
- (12x) my favourite sport is football
- my fabourite sports is acrobatic silks
- (6x) fotball
- playing football
- (21x) football
- (2x) fabrics
- my favourit is skig
- (2x) sking
- my favourite sport is jokell
- my favorite sport is basketball
- basketball and acrovatic shkills
- my favorite sport is cycling

- I play football
- My favourite sport is kayaking and ski
- my favorite sport is to ride a horse and acrovatic silks,ski,kayaking,
- (3x) kayak
- hola
- my favurite sport is basketball
- my favourite sport is swimming
- (4x) my favourite sport is basketball
- My favourite sport is the skiing
- my favorite sports is Skiing and cycling
- my favourite sport is climbing
- my favorite sport is swimming
- Is basket
- kayaking
- my favourite sport is dancing
- my favourite sport is rhythmic gymnastics
- my favorti sport is a acrobatic silks
- My favorite sport is Padel
- My favorite sport is basketball
- Skin
- (8x) My favourite sport is football
- (3x) My favourite sport is swimming.
- (12x) swimming
- (6x) clothes
- (9x) Swimming
- Run
- Acrovatics silks
- my favorite sport is ski
- (6x) my favourite sport is swimming
- my favourite sport is ski
- (2x) skating
- Jumping
- Snowboard, running and ride a bike
- My favourite esport is badminton
- jumping
- my favourite esport is rugby
- (2x) my favourite sport is acrobatics silks
- I haven't got any favourite sport.
- (6x) basketball
- karate

- (3x) tennis
- play gymnastics
- play fuboll
- my favorite sport is play football
- (5x) run
- (2x) ballet
- (7x) dance
- Skiing and acrobatic films
- footbol
- hokey
- my favourite sport is sky
- my favorite spot is a play hanboll
- my favorite sport is futbol
- my favorite sport is footbal
- (4x) Dance
- Hypism
- (4x) footbal
- footbal and artistic skating
- footbal and skating
- (14x) Football
- my favourite sports are football and hip hop
- My favourite is football
- (4x) Soccer
- muay thay
- Running
- (3x) My favourite sport is basketball
- My favourite sport is dance
- my favourite sport is dance
- My favourite sport is square
- Horse riding
- My favourite sport is squere
- My favourite sport is basketball and dancing.
- my favourite sport is athletics
- my favourite port is basketball and square
- (2x) swimming
- (2x) My favourite sport is dancing.
- my favourite sport is ride a bike
- I do not have favorite sport
- my favourite sport square

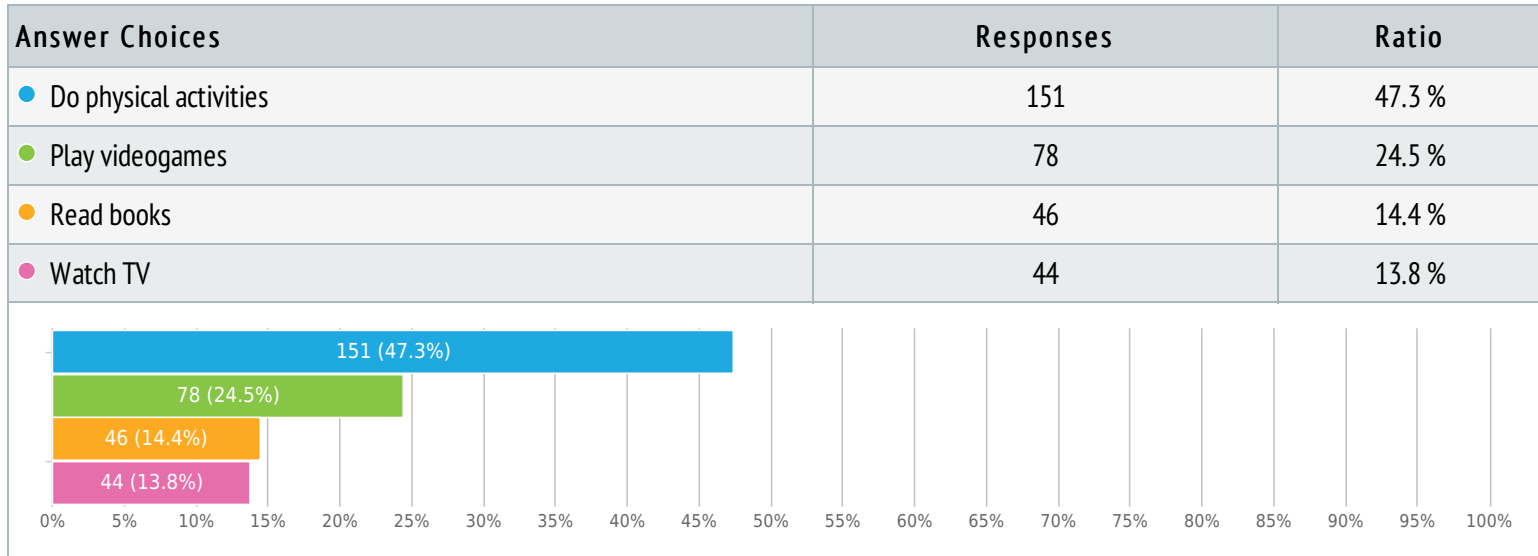
- my favourite sport is basketball.
- My favourite sport is football.
- (3x) Tennis
- my favourite sport is rugbi
- my favourite sport is soccer
- My favorite sport is cycling
- my favourite sport fotbool
- my favourite sport is horse riding
- bascetball
- (2x) gymnastic
- play footbal
- bascatebll
- basketball
- ran
- I don't have any favourite sports.
- table tennis
- horse riding
- My favourite sport is swimming
- (2x) yoga
- basketball, dance and volleyball, tennis,
- Football, ju-jitsu
- my favourite sport is football
- My favourite sport is play football
- basket
- (2x) jump
- GIMNASTIC
- foatbol
- hockey
- my favourite sport is btt
- my favourite dance
- martial arts
- Football and volleyball
- classical ballet
- runnjng
- jogging
- dence
- SWIM
- (2x) FOOTBALL
- ride a bike
- pilka

- FOTBALL
- (2x) swim
- RUN
- run 6m
- my favourite sport is ride a horse
- ride bike
- Camogie.
- (2x) Basketball
- (5x) Camogie
- (2x) Swimming and dancing
- Boxing
- (2x) cycling
- Horse riding,soccer.
- Caomige
- Gaa
- My favorite sport is camogie
- Don't have one
- Irish dancing
- My favourite sport is camogie
- (4x) Hurling
- Gaelic football
- My favorite sport is soccer
- Soccer/hurling
- my favorite sport is swimming
- my favorite sport is foobol
- my favourite sport is hanball
- i play footbal
- futebol
- (2x) figure skating
- my favorite sport is dance
- my favourite sport is footbal
- Ballet
- acrobatics
- my favourite sport is ride with bikes
- My favorite sport is football
- My favourite sport is dancing
- Skiing
- My favourite sport is judo
- My favourite sport is skiing

- my Favourite sport is basketball
- castellers

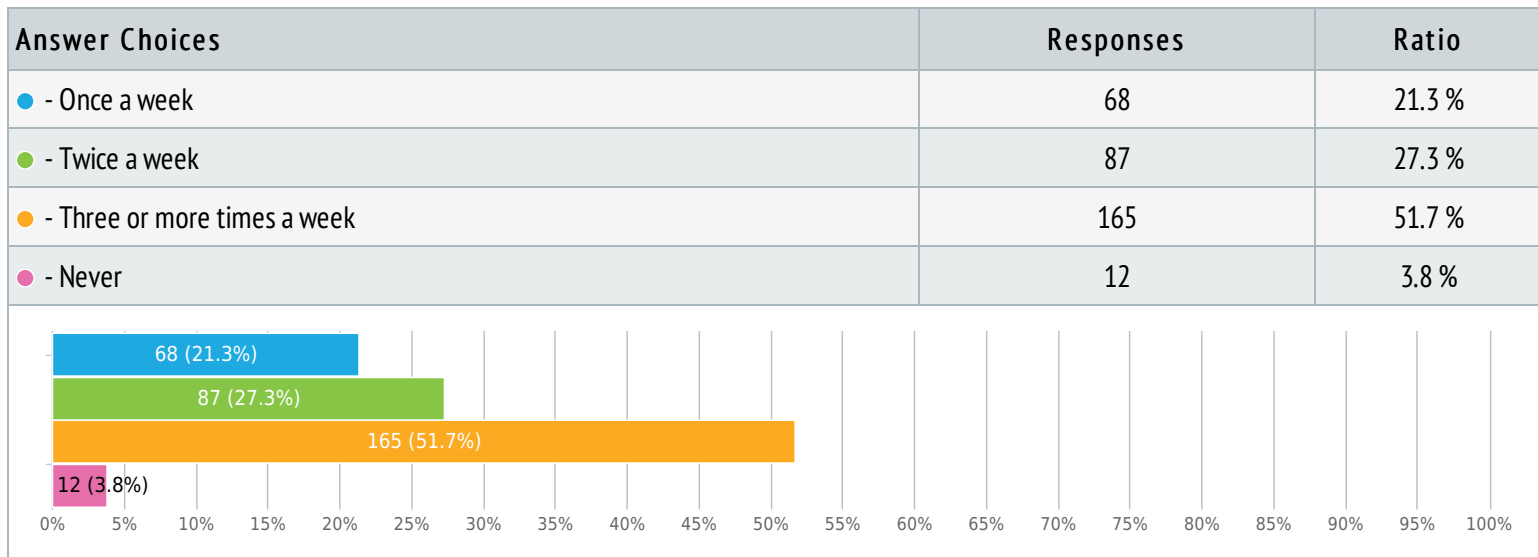
14. Choose your favourite activity

Single choice, answers 319x, unanswered 0x



15. How often do you practice sport?

Multiple choice, answers 319x, unanswered 0x



16. What time do you go to sleep?

Text answer, answers 319x, unanswered 0x

- I go to sleep at 10 o'clock.
- at 23 o'clock

- (2x) I go to sleep at 10 o' clock
- (18x) I go to sleep at 10 o'clock
- (3x) I go to sleep at 10 o'clock
- 6 hours
- 7 hours
- (2x) It depends on when I am with my father at 9 and with my mother when I have sleep
- i go to sleep at 9:40
- i go to sleep 9:40
- i got sleep at 9 o` CLOCK
- (4x) i go to sleep at 10 o'clock
- i go to sleep at 8 o'clock
- I go to sleep at 8 o'clock
- hola
- i go to sleep 11 at o'clock
- i go to sleep at 9:30 o'clock
- I'm going to sleep at 9 o'clock
- i go to sleep at all hours
- (4x) i go to sleep at 10 o' clock
- i go to sleep at 21:15 o'clock
- I go to sleep at 10:00 `clock
- (2x) I go to sleep at 23:00
- I go to sleep at the 10:30
- i go sleep at 10 o'clock
- i go to sleep at 9:30 o' clock
- I'm going to sleep at 10 in the night
- i'm going to sleep at 10 in the night
- I go to sleep at 9'30
- (6x) I go to sleep at 10:30
- 11 30
- 11 30
- I go to sleep at 8 o'clock.
- I go to sleep at 9.30.
- at 10 o'clock
- at 10 o'clock.
- (13x) 10
- 1o klok
- 5
- (3x) I go to sleep at 9 o'clock
- I go to sleep at 9:30 o'clock
- i go to sleep at 11 o'clock

- I go to sleep at 9.30
- (2x) i go to sleep at 9:30
- I go to sleep at de 11 o'clock
- I go to sleep at 9 o'clock
- I go to sleep at 10 o'clock or a quarter past 10
- i go to sleep at 21:30
- I go to sleep at 12 o'clock
- I GO TO SLEEP 10 O'CLOCK
- I go to sleep at eight o'clock.
- (5x) 11 o'clock
- I go to sleep at 9 o'clock.
- (8x) 10 o'clock
- At half past ten
- at ten or eleven o'clock
- At 9 o'clock
- (2x) i go to sleep at 10:30
- and sleep 10:30 clock
- i go to sleep at 11 o'clock
- i go to sleep at 9 o'clock
- I go to sleep at 10 o'clock
- I go to sleep at 11 o'clock
- 9.30 o'clock
- (6x) 9.30
- 22:00 o'clock
- i go to sleep at 10
- (3x) I go to sleep at 9:30
- i go to sleep at 10:30 o'clock
- i go sleep at 9 o'clock
- running
- i go to sleep at 10 o'clock
- 8 o'clock
- 8'00 o'clock
- 9'00 clock
- 10 o'clock
- 10.00 o'clock
- 11 o'clock
- (3x) 9
- At 9:30 pm
- i go to sleep at half past ten

- I go to siepe at 10 o'clock
- (3x) 10:00
- I go to sleep At 11 o'clock
- (4x) 9:30
- 10 o clock
- 11pm
- (2x) i go to sleep at 11 o'clock
- 11 p.m
- I go to sleep at 11pm
- i go to sleep at 10 'clock
- (2x) I go to sleep at 10 o clock
- 9 o'clock
- (2x) I go to sleep at 10 o'clock.
- I go sleep at 10 at o'clock
- I go to sleep at 11o o' clock
- I go to sleep at 21 : 30
- (3x) I go to sleep at 11 o'clock
- I go to sleep at 21:30.
- i go to sleep at 9 o'clock.
- I go to sleep 11-12 o'clock
- (2x) I go to sleep at 11 o'clock
- At ten o'clock
- I go to sleep at half past ten
- at 9:45
- I go sleep at 11 o'clock
- 21:00
- 20, 21 or 22 o'clock
- 2
- i go to sleep at 10.pm
- s
- (4x) 22
- half past 10
- i go to sleep at 10 p.m.
- (3x) 7
- (5x) 21
- (2x) 22:30
- 22;00
- (2x) 6
- (2x) 22:00
- nine oclock

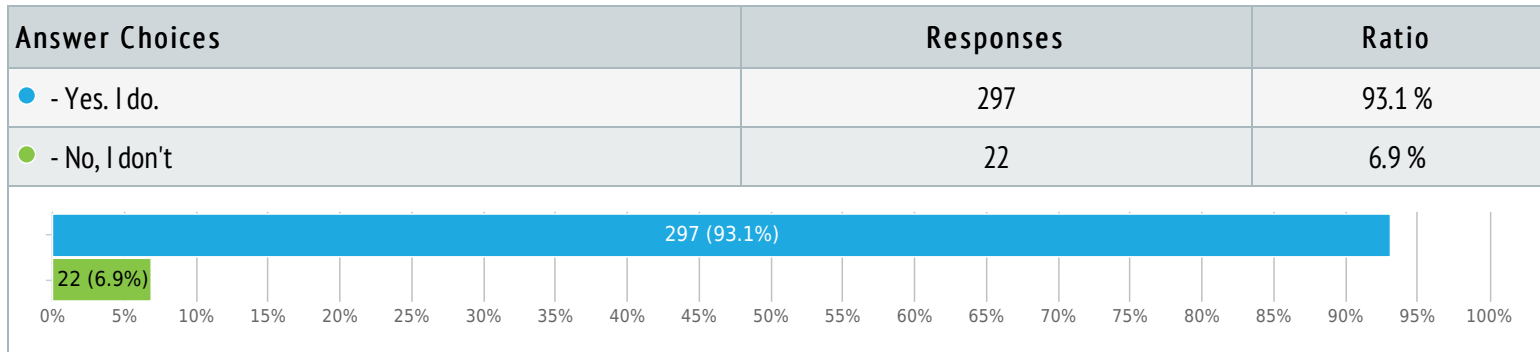
- I go to sleep at 7, 8 or 9 o' clock
- at 10.pm
- I go to sleep at half past five o'clock p.m.
- (8x) 9 o clock
- 23:00
- 10 o'clock pm
- 11 o'clock p.m.
- (2x) I go to sleep at 10 o'clock p.m
- 11 o'clock p.m
- I go to sleep at 10 o'clock PM
- at 11 oclock
- 11pm o clock
- 11 o' clock p.m
- I go to sleep at 11o'clock p.m
- 22.30
- 20:45
- 21:15
- 22o'clock
- i go to sleep at 7 o'clock
- i got to sleep at 21h30
- i go to sleep at 22 o clock
- I go to sleep at 10 o'clock
- I go to sleep at 9:30 o'clock.
- (2x) 9:15
- 9 o'clock.
- 8.30
- (3x) 8
- (2x) 21;00
- 21 hour
- 20;00
- (2x) 22:32
- 21:10
- I go to sleep at 11 o clock
- 20:30
- 02:00
- 19 o' clock
- 21:30
- im go to sleep at 9 o'clock
- 0:00

- Half past eight.
- (4x) 8:30
- (2x) Half 8
- (2x) Half past eight
- (3x) Eight o'clock
- 8:45
- 8 30
- (2x) Nine o clock
- Half eight
- Seven o clock
- Nine o'clock
- 11
- (2x) 9:00
- I go to sleep at eight
- I go to sleep at vale pasta 10 o'clock
- 9 o 'clock
- Eight
- 9 o'clock
- 10.00
- 9:30 or 10:00
- 1.30
- I go to sleep at 10 o'clock
- I go to sleep at half past 10
- (2x) do homework
- I got to sleep at 10 30 o'clock
- I got to sieep at 10:00 o'clock
- i go to sleep at 9 o'clock
- i go to sleep at 10:30 o'clock
- I go to sleep at 10 : 30 o'clock
- i go to sleep at 10 o'clock
- i go to sleep at 10 o'clock
- 10:30
- 10 o'clock
- 10 o'clock
- i go to sleep at 10 o'clock
- I go to sleep at 9:40
- i go to sleep at nine o'clock
- i go to sleep at 11 o'clock
- (2x) I go to sleep at 10:00
- (2x) I go to sleep at 11:00

- 22h
- At 9.30h o'clock

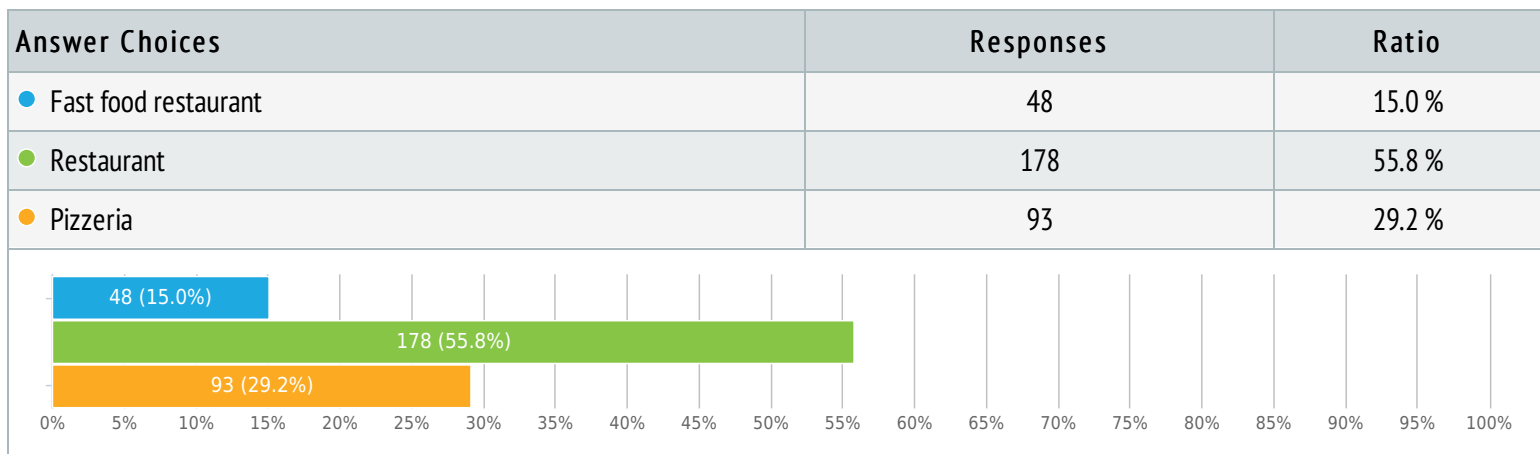
17. Do you eat dinner at the table with your family?

Single choice, answers 319x, unanswered 0x



18. Where do you like to eat when you go out with your family?

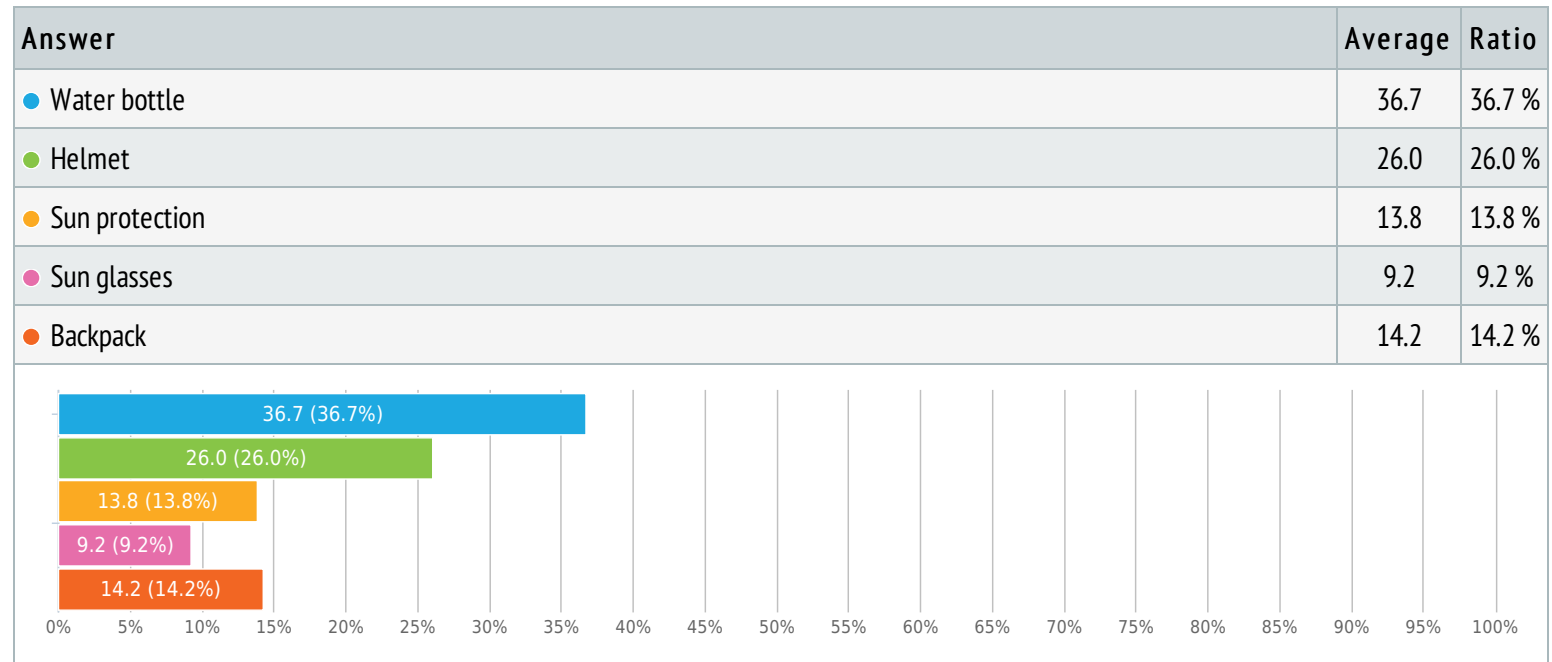
Single choice, answers 319x, unanswered 0x



19. You are on a riding bike excursion. Rate the importance of each item

Rating scale, answers 319x, unanswered 0x

Assign: 100 points

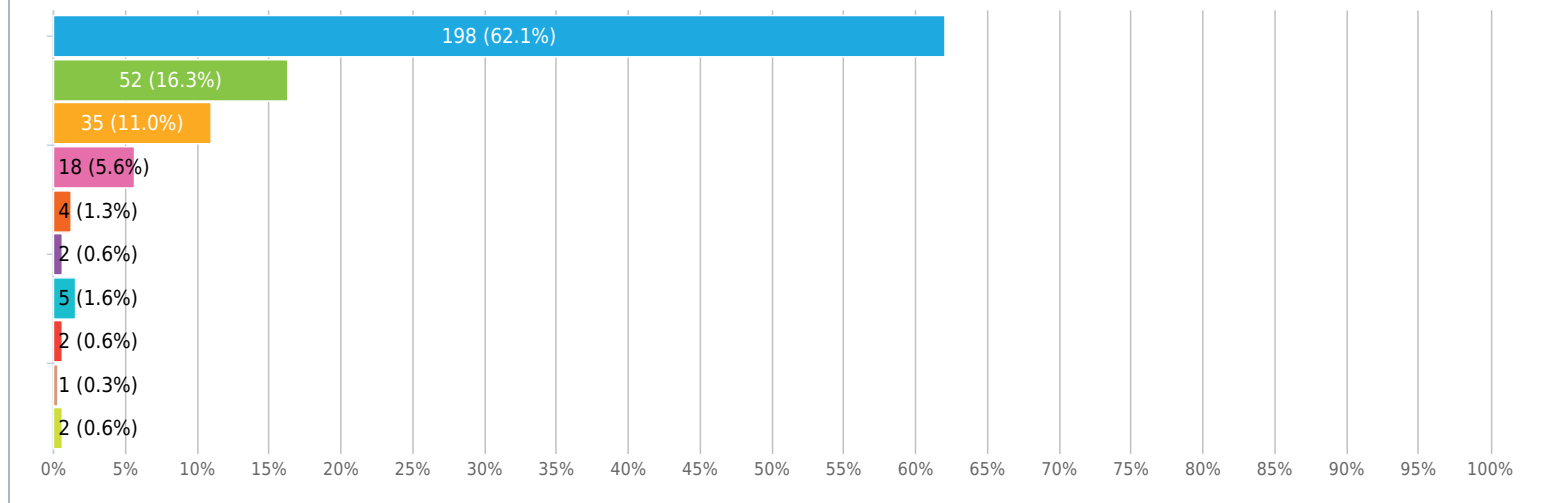


20. From 1 to 10, how important is having healthy habits?













Star Rating, answers 319x, unanswered 0x

Number of stars 9.2/10

Answer	Responses	Ratio
10/10	198	62.1 %
9/10	52	16.3 %
8/10	35	11.0 %
7/10	18	5.6 %
6/10	4	1.3 %
5/10	2	0.6 %
4/10	5	1.6 %
3/10	2	0.6 %
2/10	1	0.3 %
1/10	2	0.6 %



Survey settings

	Questions per page	All
	Allow multiple submissions?	
	Allow return to previous questions?	
	Display question numbers?	
	Randomize questions order?	
	Show progress bar?	
	Receive response notifications by e-mail?	
	Password protection?	
	IP restriction?	

Appendix: Survey

HEALTHY LIFESTYLE QUESTIONNAIRE (Ages 7-12)

Dear Sir / Madam,

thank you for visiting us.

By filling out this 5-10 minute survey, you will help us obtain the very best results.

1. What grade are you in?

Question instructions: *Select one answer*

- 3rd grade
- 4th grade
- 5th grade
- 6th grade

2. Where are you from?

Question instructions: *Select one answer*

- Poland
- Portugal
- Ireland
- Italy
- Spain
- Lithuania

3. How old are you?

4. Are you a boy or a girl?

Question instructions: *Select one answer*

- Girl
- Boy

NUTRITION

5. Yesterday, did you eat any vegetables?

Question instructions: *Select one answer*

- Yes, I did.
- No, I didn't.

6. Yesterday, did you eat fruit?

Question instructions: *Select one answer*

- Yes, I did.
- No, I didn't.

7. Yesterday, did you eat any biscuits, cakes or ice creams?

Question instructions: *Select one answer*

- Yes, I did.
- No, I didn't.

8. What do you usually eat for breakfast?

Question instructions: *For example: I usually have milk and cereals*

9. Where do you have lunch?.

Question instructions: *Select one answer*

- At school.
- At home

10. Do you go food shopping with your parents

Question instructions: *Select one answer*

- Never
- Rarely
- Sometimes
- Always

PHYSICAL ACTIVITY

11. After school, do you do any sport?

Question instructions: *Select one answer*

- Yes I do.
- No, I don't.

12. What sport do you do?

Question instructions: *Type the answer. For example, I play basketball/ I go swimming and kayaking.*

13. What's your favourite sport?

Question instructions: *For example: my favourite sport is swimming*

14. Choose your favourite activity

Question instructions: *Select one answer*



- Do physical activities
- Play videogames
- Read books
- Watch TV

15. How often do you practice sport?

Question instructions: *Select one or more answers*

- Once a week
- Twice a week
- Three or more times a week
- Never

PERSONAL CARE AND DAILY ROUTINES

16. What time do you go to sleep?

Question instructions: *For example: I go to sleep at 10 o'clock*

17. Do you eat dinner at the table with your family?

Question instructions: *Select one answer*

- Yes. I do.
- No, I don't

18. Where do you like to eat when you go out with your family?

Question instructions: *Select one answer*



Fast food restaurant



Restaurant



Pizzeria

19. You are on a riding bike excursion. Rate the importance of each item

Assign: 100 points

Water bottle	<input type="text"/>
Helmet	<input type="text"/>
Sun protection	<input type="text"/>
Sun glasses	<input type="text"/>
Backpack	<input type="text"/>

20. From 1 to 10, how important is having healthy habits?

☆☆☆☆☆☆☆☆☆☆ / 10