

# HEALTHY LIFESTYLE QUESTIONNAIRE (Ages over 12 and adults)



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## General

	Survey name	HEALTHY LIFESTYLE QUESTIONNAIRE (Ages over 12 and adults)
	Author	Júlia Díez
	Survey language	 English
	Survey URL	<a href="https://www.surveio.com/survey/d/N2E1B6T9M7W9K0D60">https://www.surveio.com/survey/d/N2E1B6T9M7W9K0D60</a>
	First response	09/21/2018
	Last response	07/01/2021
	Duration	1015 days

# Survey visits

1302

Total visits

655

Total completed

0

Total unfinished

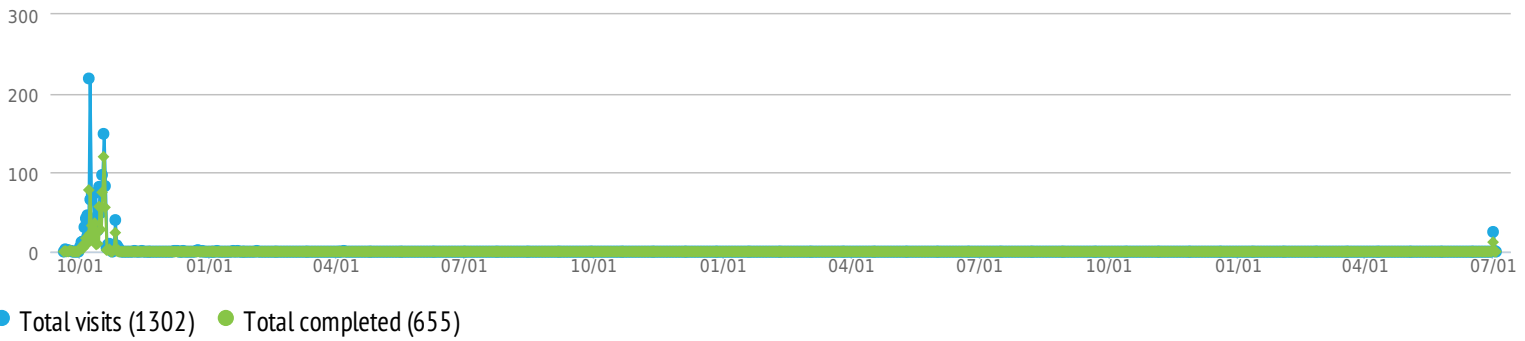
647

Displayed only

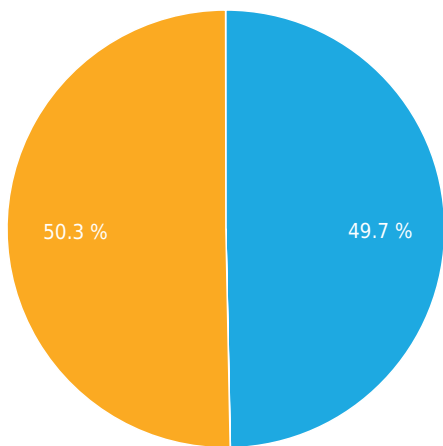
50.3 %

Overall completion rate

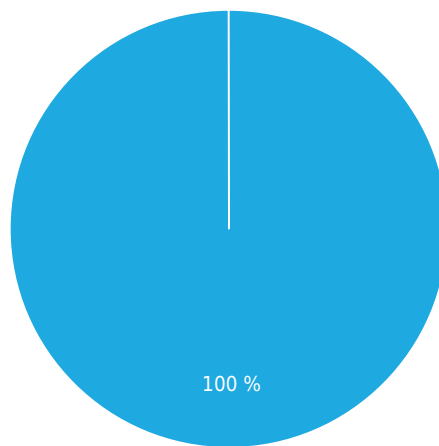
## Visit History (09/21/2018 – 07/01/2021)



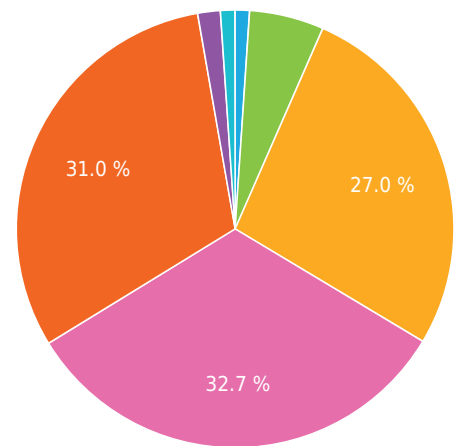
Total Hits



Visit Sources



Average Time of Completion



- Displayed only (49.7 %)
- Unfinished (0 %)
- Completed (50.3 %)

- Direct link (100 %)

- <1 min. (1.1 %)
- 1-2 min. (5.5 %)
- 2-5 min. (27.0 %)
- 5-10 min. (32.7 %)
- 10-30 min. (31.0 %)
- 30-60 min. (1.7 %)
- >60 min. (1.1 %)

## Filters by



*Date*

Only responses during:

09/01/2018 – 11/24/2018



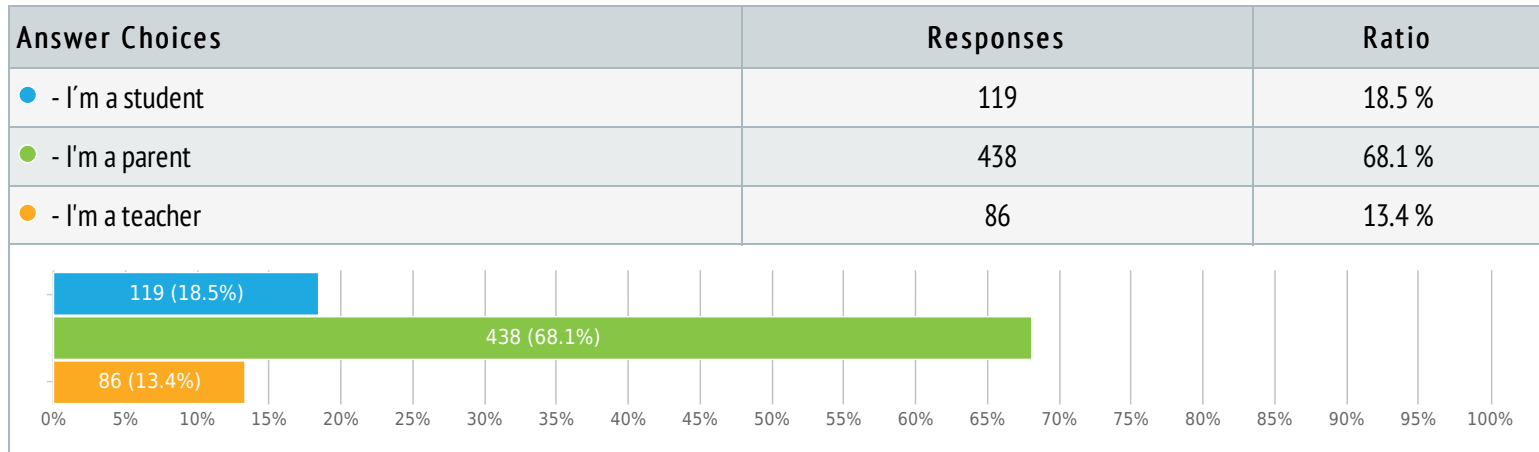
*Discarded answers*

0

# Results

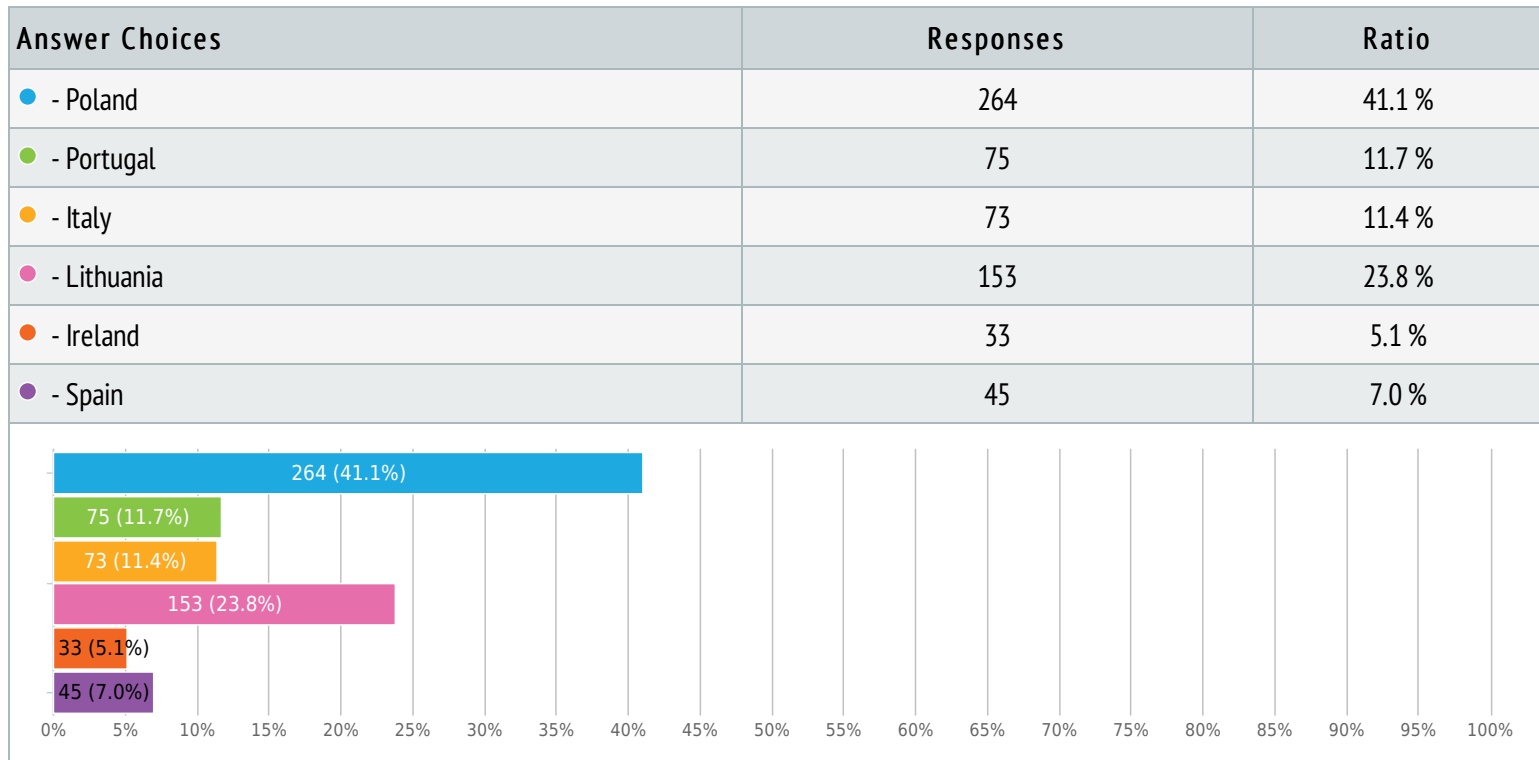
## 1. Who are you?

Single choice, answers 643x, unanswered 0x



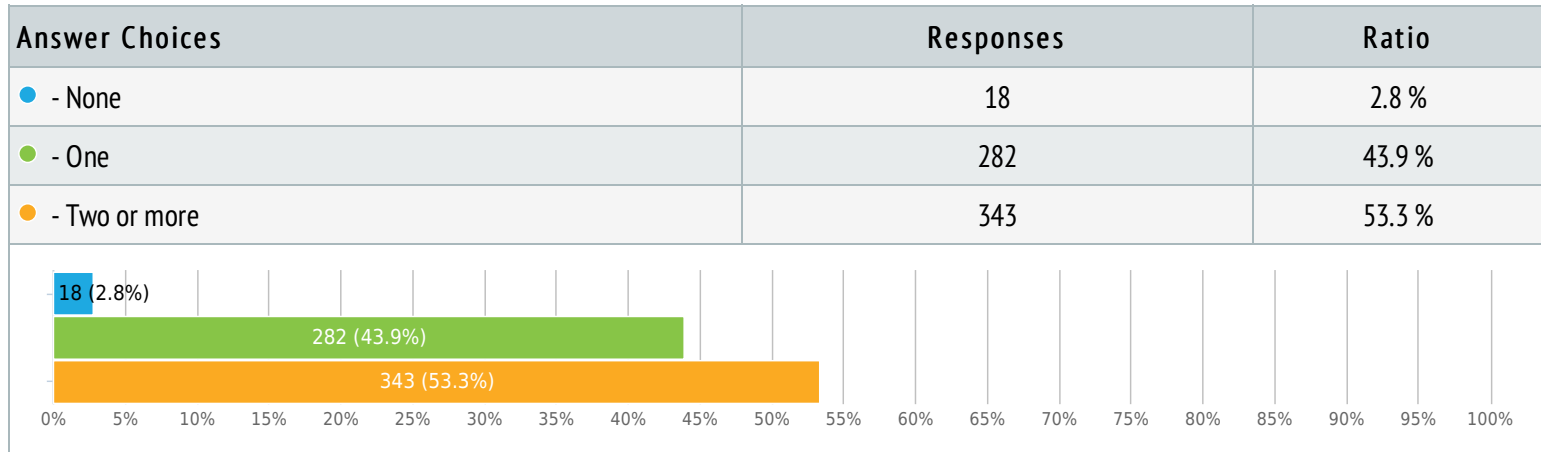
## 2. Where are you from?

Single choice, answers 643x, unanswered 0x



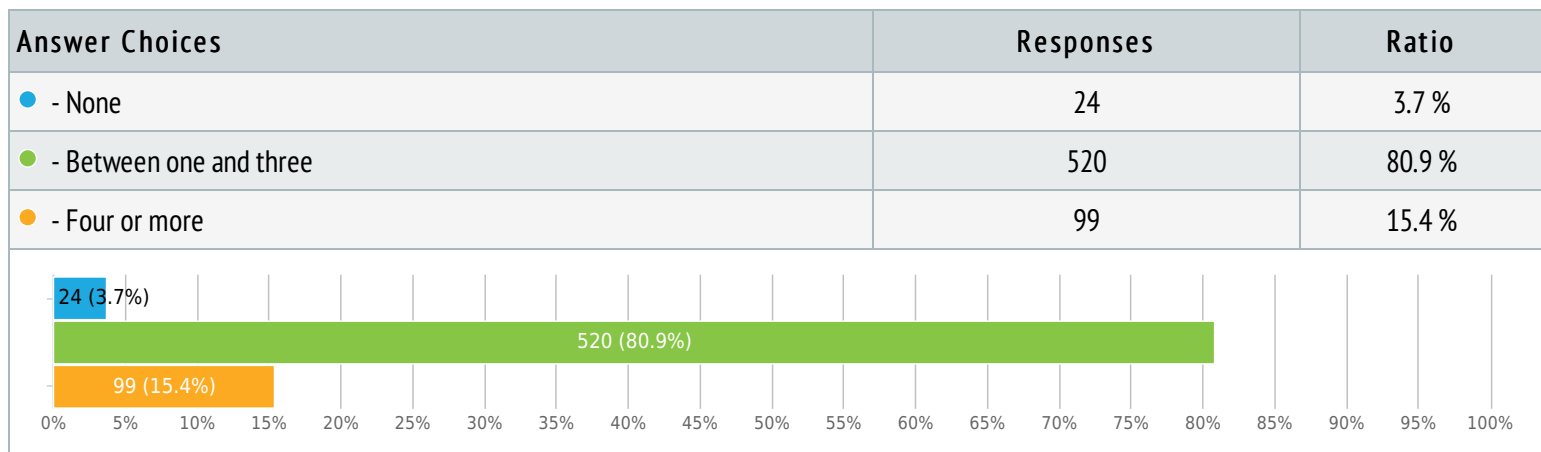
### 3. How many portions of fruit do you usually eat in a day?

Single choice, answers 643x, unanswered 0x



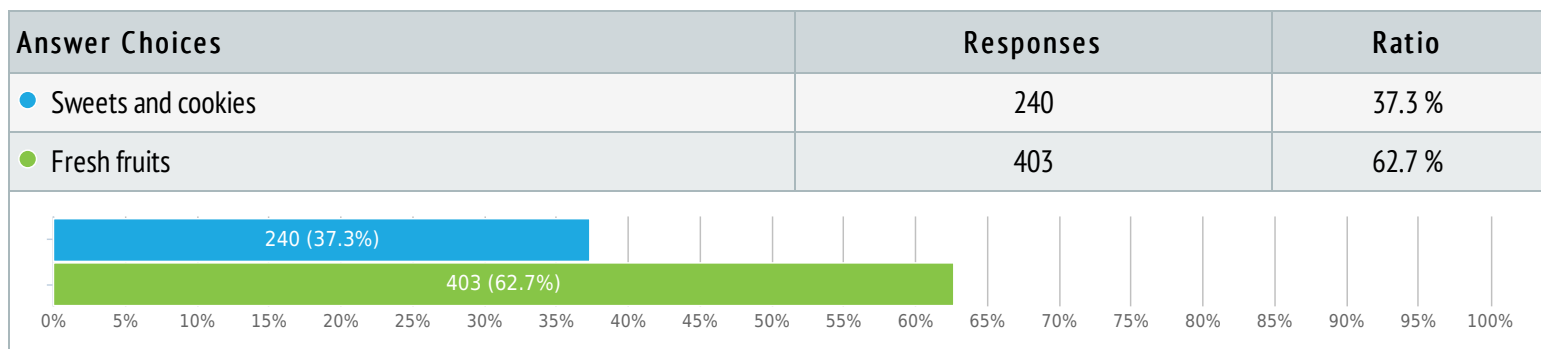
### 4. How many portions of vegetables do you usually eat in a day?

Single choice, answers 643x, unanswered 0x



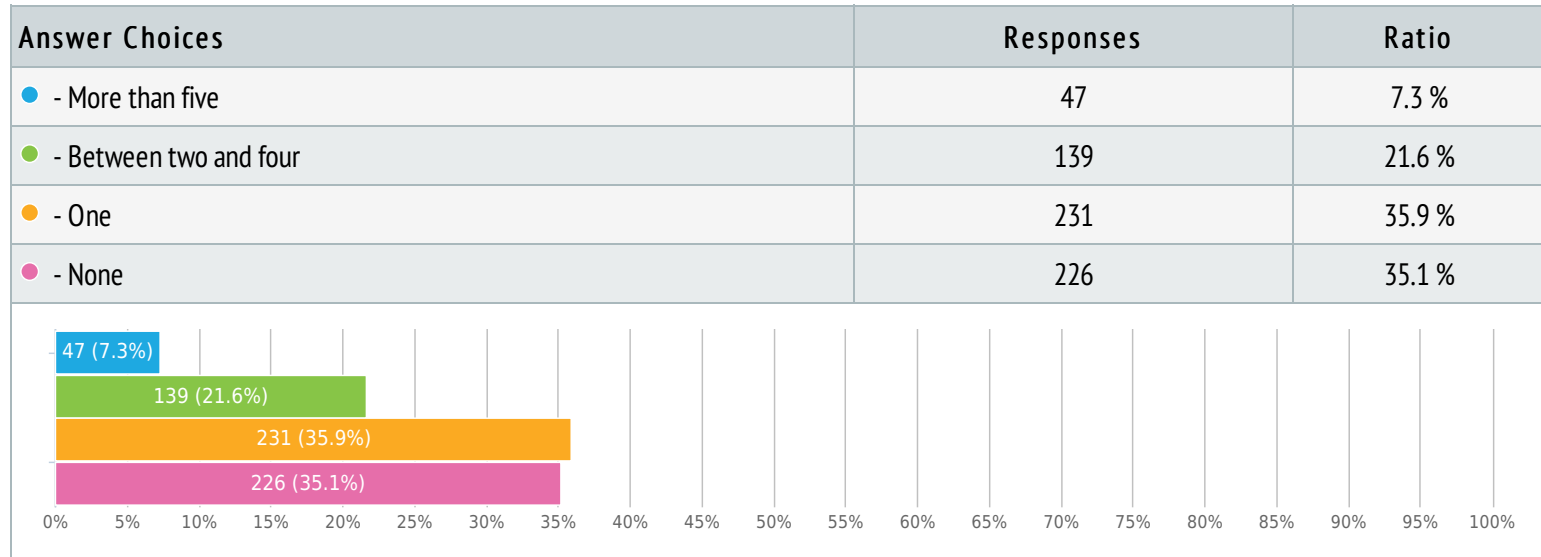
### 5. What type of snack do you usually eat?

Single choice, answers 643x, unanswered 0x



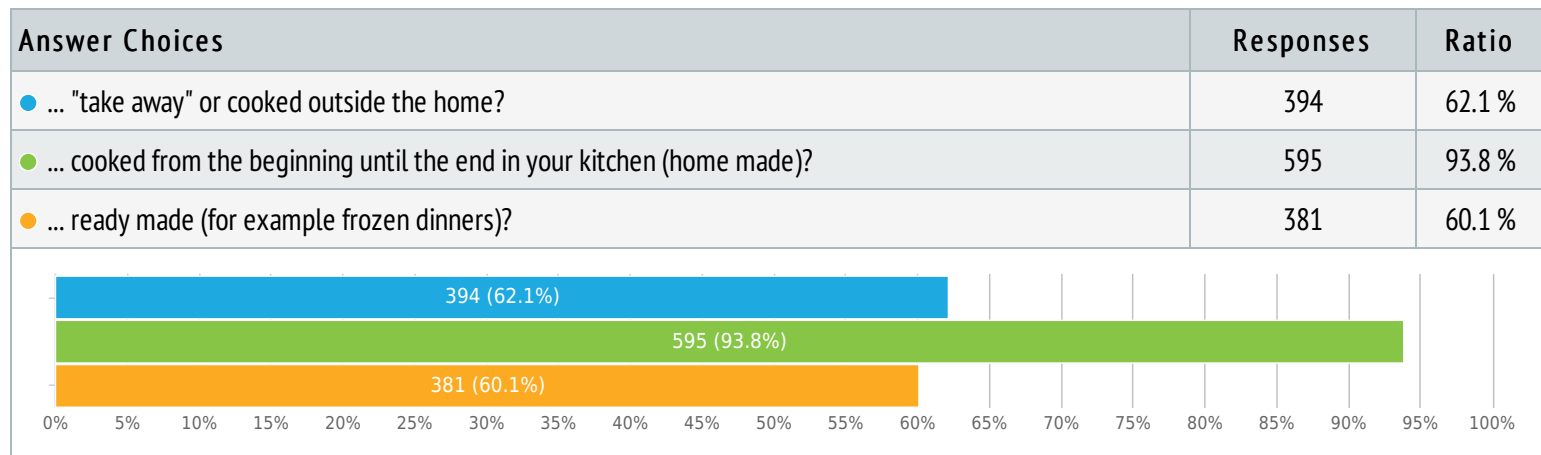
## 6. How many sugary drinks do you usually drink in a week?

Single choice, answers 643x, unanswered 0x



## 7. Are the meals your family eat ...

Multiple choice, answers 634x, unanswered 9x





... "take away" or cooked outside the home?

- (44x) Rarely
- (98x) rarely
- (50x) never
- (10x) Never
- (84x) sometimes
- Usualy
- (37x) Sometimes
- sometims at sundays at lunch
- Realy
- (3x) Usually
- sometims
- 6
- 1 in month
- retai
- once or twice a week
- somtimes
- Somtimes
- one
- 2 times amonth
- (10x) usually
- (7x) SOMETIMES
- (5x) 1
- Nežinau
- Yes
- Rarely.
- RZADKO
- (2x) rzadko
- (2x) NEVER
- (4x) RARELY
- Restaurant
- rearly
- OFTEN
- rerely
- rarery
- smetimes
- (2x) often
- Nevertheless
- (2x) Pizza
- (3x) never,
- Once a week
- seldom
- Rarley
- TWICE A WEEK
- SOMETHIMES
- .
- They cookd wery god food
- Pizza (sometimes)

... cooked from the beginning until the end in your kitchen (home made)?

- (121x) Usually
- (258x) usually
- (23x) sometimes
- (2x) Usally
- (29x) always
- (8x) Always
- We usually cook all of my meals at home.
- (4x) Usualy
- C
- WE USUALLY PREPARE ALL OUR MEALS AT HOME AND WE USE ECOLOGICAL PRODUCTS BECAUSE WE ARE COOKS AND EATING PROPERLY IS VERY IMPORTANT TO US.
- usually home made
- Evereday
- Rarely
- (12x) Sometimes
- Usualky
- (2x) yes
- 21
- (2x) Made from home
- Usally
- V
- almost usually
- Everyday
- pagaminta virtuveje kasdien
- +
- (2x) Every day
- (3x) Yes
- paprastai
- (2x) 2
- dažnai
- home
- makmdkkmka
- .home mada
- (18x) rarely
- We produce various meals at home
- 5
- Fish and vegetables
- Gimé made
- (13x) often
- almost always
- (4x) home made
- Home madet
- Almost always
- Never
- (2x) sommetimes
- never
- RARELY
- (7x) USUALLY

- (3x) SOMETIMES
- l
- Donut
- (2x) HOME MADE
- Non
- some time
- -Made in kitchen.
- 3
- (2x) ZWYKLE
- czasami
- LEMPA
- , salad
- (2x) usualy
- Sriuba bulvių koše virtą vištiena
- Chiken
- 13
- usualy
- (2x) geralmente
- (4x) rarely,
- - Made from start to finish in my kitchen (home made)
- (2x) Often
- OFTEN
- Most days
- 5 times a week
- usally
- normally
- mostly
- 6
- Pasta
- Made at home
- my wife and I do all the cooking from start to finish everyday . no ready to go meals ever
- Most often
- 100%
- NIE!!!
- ALWAYS
- Allways
- every day
- Home made dinner
- Fg
- me namuose gaminam maista
- trololol
- do at home
- Pasta, vegetale (usually)
- made from the first moment to the end by us

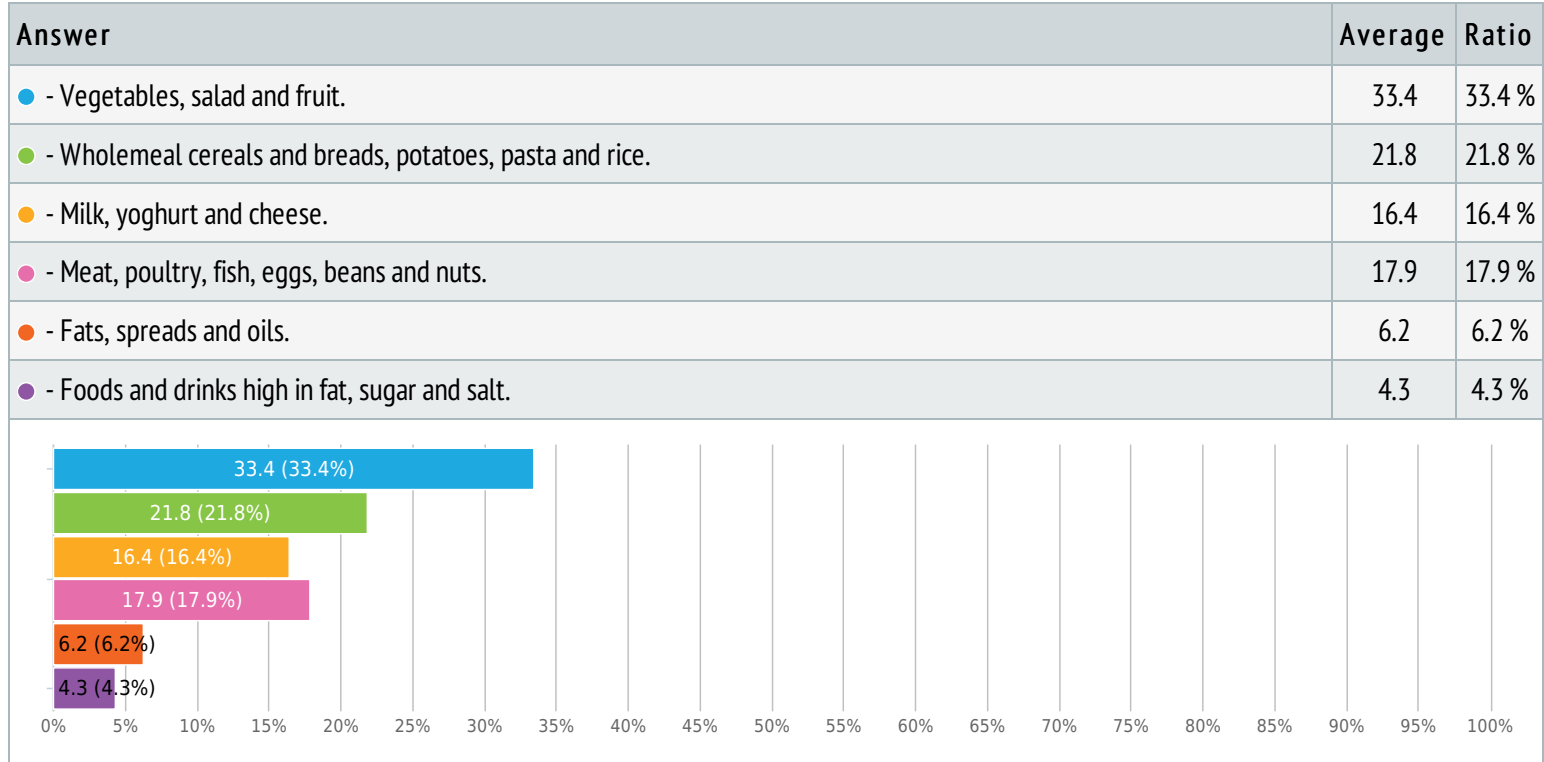
... ready made (for example frozen dinners)?

- (25x) Sometimes
- (88x) rarely
- (7x) SOMETIMES
- (101x) sometimes
- (24x) Never
- (36x) never
- Nevet
- (37x) Rarely
- (2x) Usually
- (16x) usually
- raraly
- rarey
- 4-5 times in a month
- kartais
- M
- (2x) 2
- N
- -
- rarery
- always
- (4x) NEVER
- yes
- Meat
- Eat
- Cotolette and Nuggets
- Sometimes.
- PIZZA-ONE TIME OF THE 2 WEEKS
- RZADKO
- (2x) czasami
- (2x) RARELY
- realy
- Koldūnai lietuviai bulkutės fry
- rarealy
- Frode dinners
- frozen
- sometime
- as vezes
- (3x) never,
- Neve
- OFTEN
- (2x) seldom
- Chicken
- Simetimes
- PART PREPARED
- Skewers of meat, hamburger (usually)

## 8. Rate each food group according to your preferences.

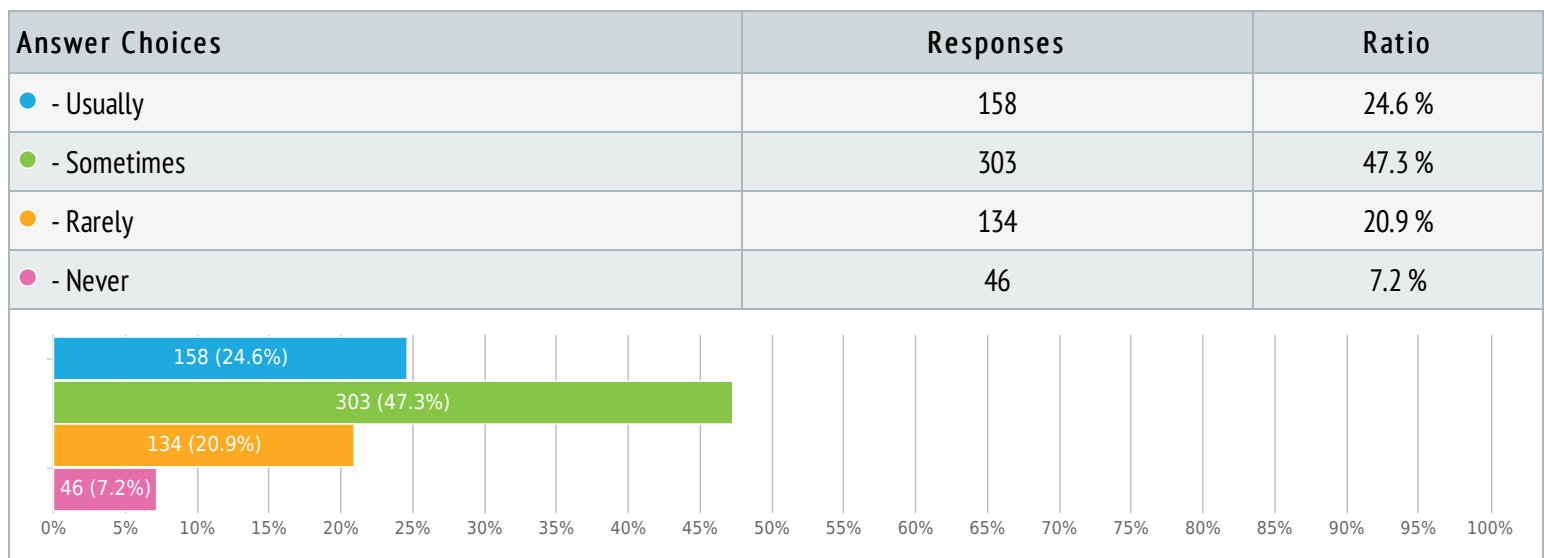
Rating scale, answers 642x, unanswered 1x

Assign: 100 points



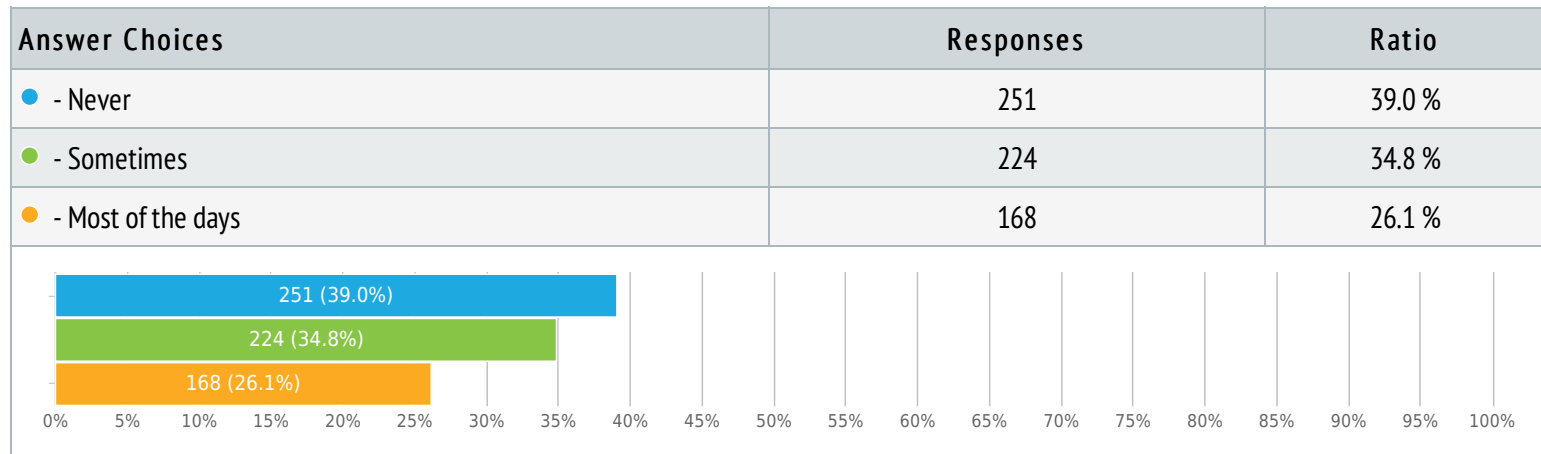
## 9. Do the children go food shopping with you?

Single choice, answers 641x, unanswered 2x



## 10. How often do you cycle, walk, skateboard or ride a scooter to school or work?

Single choice, answers 643x, unanswered 0x



## 11. What physical activities do you do with your family?

Text answer, answers 642x, unanswered 1x

- Work in garden
- I play tennis and badminton three times a week
- Going on a excursion twice a month
- Some walkings
- In summer going to the beach. In winter, skiing
- we go on a excursion, skiing, running,
- We go on excursions
- We go skiing together
- (3x) Go walking
- (17x) Walk
- excursions in the nature
- excursions
- We walk to the park.
- We ride a bike and play tennis.
- We walk the bike every Sundays
- We dance most days
- We walk, usually on sunday
- Run
- Skiing
- Ride bicycle with my daughter
- We make excursions and go on a bicycle
- We walk around the mountains and forest every weekend.

- We go swimming pool and play football
- We go to the mountain
- to walk, to go by bike, to watch movies
- We take walks to the river in our village, we work in our orchard, we practise ski in winter and canyoning in spring and we go trekking whenever we have enough time.
- We read a story every evening
- Go to gym with sun
- Everyday we walk with my dog Winky in family. We also ride a bike or running.
- trekking, skiing, do the gardening.
- go to the park, cycle
- we walk for the mountain
- outdoor walks
- None
- run, walked
- Walked, run
- we go on excursions at the weekends
- i go on excursions
- we go excursions
- we go hiking regularly
- Walk or dancing at home
- (2x) Never
- (6x) We walk the dog every morning
- Dog every
- (13x) Walking
- We walk to look for wild mushrooms, trekking...
- We walk the dogs every week.
- i don't now
- We walk the dog every week.
- walk swimming
- to go hiking
- we go in bicycle
- We walk 4km 3 Times a weekend minimum
- (3x) We walk the dog every morning.
- We walk the dog twice a week
- We dance at home
- we go to run, cycle, watch TV playing board games cooking ...
- We play sport biking and running.
- We walk with the dog
- (10x) walk
- We go to the swimming pool

- We walk at least twice a week.
- we walk the dog every daY
- (3x) walk the dog
- Yoga, walking, dancing.
- Sport
- We walk every saturday/sunday.
- We playing at home.we going in a park everyday.we making dinner every evening
- we walk in forest.
- Ice hockey, dancier, swimming, fitness
- We walk the dog every weekend
- (13x) walking
- We go for a walk (10,000 steps every day)
- Walk, playing at gimè, meet whith friends, grandma
- Ewery morning we wolking
- (2x) Walk the dog
- We walk dog every evening
- We get out, the four of us for a walk every weekend, we enjoy very much outside!
- (3x) We walk the dog every day
- keliauame,atliekame namu ukio darbus vazinejame dviraciais, maudomes, lankomes vaiku zaidimu aikstelese.
- (2x) We play Twister at home
- Cycling, walking
- We go by bikes vety often and walk the dog every day
- we go to the garden
- Andar de bicicleta, caminhar
- We working in the garden.
- bycycle
- cycling,walking
- ride a bike, walk
- važiuojame su dviračiais
- (4x) We walk
- go for a walk sometimes
- We cycle or walk once a weak.
- We ride bikes on weekends
- Bėgiojame, žaidžiame aktyvius lauko žaidimus, dalyvaujame žygiuose.
- gardening
- we walk in the nature sometimes
- we take a walk
- Walk, run.
- cinema, trip, walking, sport
- Drive bycycle



- We play football
- mankšta
- sport
- Walk with family and dog and drive with bike
- Cykle
- gjbhg
- Play domino, in summer take a swimming activities, ride bicycle, jumping in batutas
- Work
- (2x) We walk the dog every day.
- we walk every day
- Cycling
- (2x) We go for a walk
- We go on bikes
- We do exercises at home.
- dancing
- Sport active in the yard
- daily work
- We play at home more game. We walk in the park, in the nature by the lake
- Three time a week I go to gym
- A little
- we walk 3 or 4 times for week
- we go to walk and skiing with my family
- (3x) We walk the dog every evening
- Walk, play basketball, valleyball, tennis, cycle
- we work and exercise
- We walking or cycling offen.
- We walk park
- Runing
- We work in the garden.
- We walk in to school and from school every day
- Walked and go to the gym
- sometimes we take walks close to home
- Go for a walk, swimming, ride bikes
- We walking and cycling
- Play uno at home, cat on the wall
- Sometimes we walk with dog.
- Walk our dog, cycle
- we go hiking
- We are watching movies, going for a walk.

- we go for a walk
- Visit new places on weekend
- (3x) we walk
- Playback games
- Bascetbal
- play soccer, walk the dog, take a walk in the park.
- We ride a horses
- We like bisicles
- Mes vedžiojame šunį, tvarkome namus ir t.p.
- We go for a walk or cycle as often as we can.
- every weekend we go cycle, hikking in the mountain.
- walk to forest sometimes.
- cycle in spring, summer and the beginning of autumn
- Anadar pé
- Andar pé
- one
- Ride to bike
- We go for a walk every saturday
- I go to gym
- We go cycling and in skates
- Walking, watching tv, playing.
- we walk the dog every day
- we go to montain and sky
- clean the house
- we go running, ride bicycle, walk, skate and etc.
- We going for a walk
- sky and castles (human towers)
- With bicycle
- we run every sunday
- we walk and cycling
- Go for awalk
- We go hiking
- Reading books
- we walk the family every weekend
- we walk together along the seaside, we play tennis, we dance tango
- Running in the Park, play football and bycycle
- We we go walking
- We go walking
- Gymnastics together
- play football with the kids, go for walks in the park

- we usually walk together
- We go to the village and spending time outside
- I go on hiking
- Cycle, walk, run
- Go for a walk
- Do exercises and have trainings
- Walk the dog every evening, sometimes we ride a bike,
- We go in the sport gym
- Reading
- we walking together
- We swim and we cycle
- We dance
- We play in games by table, I run with my dad
- We play handball after work.
- we walk the cat
- WALKING
- Walking, cycling, bowling
- walking to the park, climbing the mountains, swimming
- (2x) nothing
- jogging
- swimming, walking, playng
- ride a bike, walking, hiking
- We walk usually.
- Walking every day, ride bicycle sametimes, swimming ocasionaly.
- (2x) swimming
- swimming, walking, hiking,
- PLAY BADMINTON, WALKING, ROLLER SKATING,
- GOING TO THE GYM
- cyckling
- Se Walker the doc Every day
- We walk some time.
- We walk the husband on weekends
- we walk during the weed end
- ,?.....
- we travel
- Swimming, walking
- We walk over the wall of our city
- sometimes we are walking to the shore or around the our countruiies. rarely we are going to the bicycle.
- We walk for job

- Caminhadas
- Yes
- We Walk together to the supermarket or to friends
- Nothing
- I walk every morning with my husband
- Walking in the nature
- We often walk in Recanati in the evening
- On Sunday my family and I go to walk
- I dont no
- We whatch TV
- We go cicling, we go skiing, we go walking
- (2x) We walk the dog
- we have a walk
- We like to play volleyball togheter
- We cycle 4 Times a week
- we walk together
- We often walk and do sports in karate 3 times a week
- walk to the park
- watch a movie on TV
- We love Basket
- Walk the dog in the evening
- we walk ralerly morning
- We go shopping, we go out for a walk.
- We watch movies
- We are going for a walk.
- Cycle, walking, swimming.
- We going walk
- we love going shooping
- we are going to the park
- going by bycycles, walking a dog
- Go with dog.
- Noth
- We play a computers game. We go outsides. We play Rzyk-Fizyk at home.
- PLAY HOCKEY, RUN, GO WITH DOG, BADMINTON AND A LOT
- SPACER
- We play tennis
- jem
- nic
- we play card at home. we walk one of weekend
- J,DFAWGH

- We play football, basketball. In the winter we usually go skiing.
- We watch tv at home. We play games together.
- We like to ride bikes and rolls
- Pizza
- we go cycling
- skiing, cycling, tennis, basketball, walking in mountains, badbinton, rollerskate,
- 1
- we ride a bike
- In Winter we go skiing every single day.
- SKI CYCLING
- we play football
- We riding a bike.
- (3x) cycling
- parcour
- We go walk every evening
- I go for walks. I watch films on the sofa.
- we walk at park
- with my family we take long walks near the sea
- Pasivaikščiojimai miške
- we riding bikes, walking
- (2x) go for a walk
- We watch TV, sometimes we go for a walk.
- We walk every day evening
- We go cycling on the nearby fields or go up the mountains to take care of our cattle.
- just a few walks
- Walk in the park
- (6x) ride a bike
- We play basketball and sometimes volleyball
- We go on cross-country.
- play chess
- we play games
- WALKS CYCLING SWIMMING CLIMBE A MOUNTAIN
- we go outside or play games
- We cycle, walk, go swimming.
- walking the dog, walking, scooter
- walking the dog, bike, badminton, gym
- ride a bike, hiking, skiing, swimming
- walking the dog, bike, hiking, walking
- sometimes I play with my sons and I walk with my wife

- (4x) bike, walking
- badminton, bike, ping pong
- (2x) swimming, walking
- walking the dog, walking, bike, games
- we walk the dog
- walking, swimming
- cycling, swimming, football, hiking, walking with a dog
- cycling, walking
- ski, walking in the forest, working in the garden, swimming, cycling
- (7x) -
- (2x) cycling, skating
- walking, team games
- walking with a dog, skating
- walking with a dog
- walkin with a dog, badminton, riding a bike, ice skating, roller skating, football, running, swimming
- walking, swimming, tennis, skiing
- cycling, skating, skiing
- riding a bike
- badminton, cycling, swimming
- skiing, cycling, walking
- basketball, badminton, volleyball
- swimming, aerobic, fitness
- baseball
- walking with a dog, basketball, hiking
- Swimming, home work outside the house
- cycling, walking with a dog, football
- walking with a dog, cycling, walking, hiking
- hiking, badminton, football
- (5x) walking, cycling
- cycling, swimming, gymnastics, hockey
- cycling, walking, swimming
- football, cycling, running
- bike, hiking, swimming, walking
- running, bike, skateboard
- Football anda ride a bike
- football, handball, skiing, board games, motorcycling
- Walk with family
- Walking in the park
- trips, holiday
- bicycle, walking

- swimming, cycling, playing in the garden
- walking with dog, play football
- playing football, swimming pool
- badminton
- bicycle, running, judo, fitness
- walking, bike, working in the garden
- bicycle, walking, football, swimming
- football, running, cycling
- skis, tennis, bicycle
- climbing, bike
- rollers, bicycle, dance
- ball, walking, swimming, bike
- bike, walking, trips
- walking with dog, bicycle, badminton
- (4x) bike
- walking, rollers, cycling, swimming
- walking, football, bike
- I go to work and tidy up the house
- riding a horse, tennis, swimming
- walking, football play, hiking tours
- tennis, pool, walking, bike
- bicycle, mountain hiking
- walking, bike, football
- walk in the woods
- bicycle, ski, running
- cycling, walking with dog, ski
- bike, rollers
- Footing
- none
- we play cards at home
- swimmingpool, bike, walking
- (2x) walk, swim
- (2x) bike, walk
- run
- swim, walk
- horse riding, walk, mountains trip
- walk, bike
- bike, ski,
- bike, walk, dance, karate, zumba

- mountains trip, bike, soccer, badminton
- dance, acrobatics, cycling
- cycling, football
- cycling, walk the dog
- We go on bike sometimes
- walk the mountain, cycling
- bike, walk, swim
- walking in mountains, cycling
- walk, cycling
- (2x) cycling, swimming, walking
- swim, bike, tennis
- (2x) swim, cycling
- bike, swim, walk
- badminton, volleyball
- cycling, swimming
- cycling, walking, running
- walk the dog, swimming
- fitness
- walking with a dog, cycling,
- cycling, tennis, swimming
- hiking, cycling, swimming
- swimming, horse riding, cycling, walking
- (2x) badminton, football
- bike, walk, swim, football
- walk, swim, gym
- We are cycling
- we walk a most day
- We play football, go cycling or go for a walk.
- go for a walk, play basketball, ride bikes
- We play volleyball or tennis.
- We walk the dog in the afternoon.
- Cycle and walk and swimming
- Walking in the woods
- Walking the dog, Cycling, playing football, park
- Walks
- walking the dog, bike
- Active. We train and run
- walking the dog, walking, rollerskates, bike
- hiking, swimming, bike
- bike, ball, badminton, skates, swimming



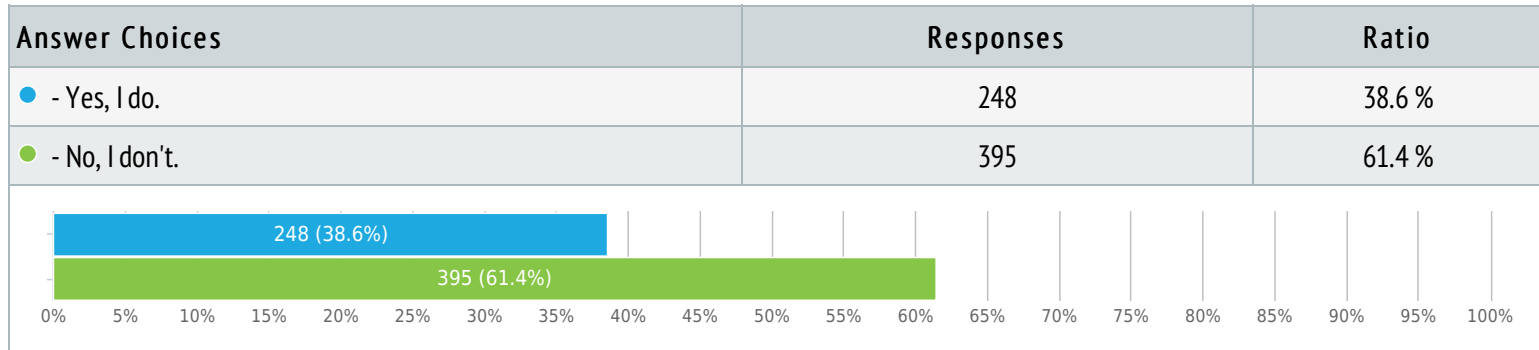
- badminton
- skates, walking
- jogging, basketball, walking
- bike, rollerskates, board
- Go for walks or cycling. You out on the farm to check and feed animals.
- bike, walking, swimming,
- walking the dog, bike, swimming
- walking the dog, hiking
- Walking farming dancing camogie badminton
- We walk the dog two times a day.
- HIKING
- Cycling or walking
- exercise. walks at weekends.
- cyclingg, walking
- TV
- walking the dogs, cycling, playground games
- cycling, walking, skiing
- badminton, walks, skiing, cycling
- tennis, cycling, swimming and walking
- cycling, football
- walking, cycling, hiking, skiing
- walking the dog, walks, cycling
- swimming, rollerskates, cycling
- fitness, bike
- walking, mountain walking, tv active games
- playing football, running
- walking, trips, cycling, swimming
- cycling, walking, mountain trips
- walk the dog every day, cycling
- Walks, cycles, swimming
- Swim and playground
- Shopping
- Go for walk,play board games,play soccer
- Walk dog. Football
- Play football, walk dog
- we take a walk, play football and tennis
- We play beach volleyball on Summer.
- We cycle or walk together
- I walk the dog, run

- camogie
- (2x) Swimming
- We go swimming and cycling now and again, we go on the trampoline and we play hurling,
- Occasional walks
- Walk daily
- walkig
- (2x) walks
- walk the dog, walking, cycling, football
- cycling, football, running
- swimming, football, fitness club
- walking the dog, walks
- running, cycling, skiing, horse riding, volleyball, badminton, weightlifting
- we often play sports and walk out dldog together
- cycling, rollerskates, walking the dog
- Walk, cycle and dance
- Walk, swim, trampoline, sports, yoga
- cycling, rollerskates
- walks, bike, jogging
- walking, bike ride, run
- We run every sunday
- NOTHING
- Football
- we go to the park on weekends
- go to swimingpool
- We play boardgame
- we play chess
- walking my dogs, tennis and badminton games, cycling.
- We play bascetball sometimes.
- bike, walk, football
- Walks, yoga,play with the cat, gosto parks
- rollerskates, bike, walking
- bouncing on the trampoline
- riding a bike, walking, swimming
- We often walk
- GO WALKING,EXERCISES
- WALK , CYCLE, WALK THE DOGGY
- walking the dog, bike, walking
- swimming, bike, skiing, running, walking, hiking
- Walk or cycling
- We walk the dog every, cycling, skiting, badminton

- walk, cycling, mountain climbing
- walking, cycling, swimming
- hockey, walking with the dog, badminton
- cycling, rollers, football, walking
- skiing, tennis, cycling
- cycling, skiing, walking
- skiing, walking
- Go for walks, we go to the playground, we cycle.
- Padedu
- We play Runicub at home.
- walk on foot
- Walk the dog every evening.
- watch tv; family outing
- Walk and cycle
- Ride bike
- We walk the god every sunday
- We play board games, eat dinner together, go to the cinema, watxh movies
- Walk the dog every evening
- Running
- Play video games
- Go shopping
- We walk the dog every morning, afternoon and in the evening. We play badminton in our garden.
- Walk in the town
- Go for a walk, ride bikes
- walking with dogs
- In Summer, we go swimming
- In summer we go swimming
- We walk a lot and sometimes cycle with bike
- We riding with bikes sometimes
- Not much, just go on a walk whit my dog and my mom. In summer time we ride whit the bikes.
- i dont realy now
- We play, cycle the bikes.
- ride on bikes
- We play twister at home
- We do not do active things together
- walk in the park, sometimes

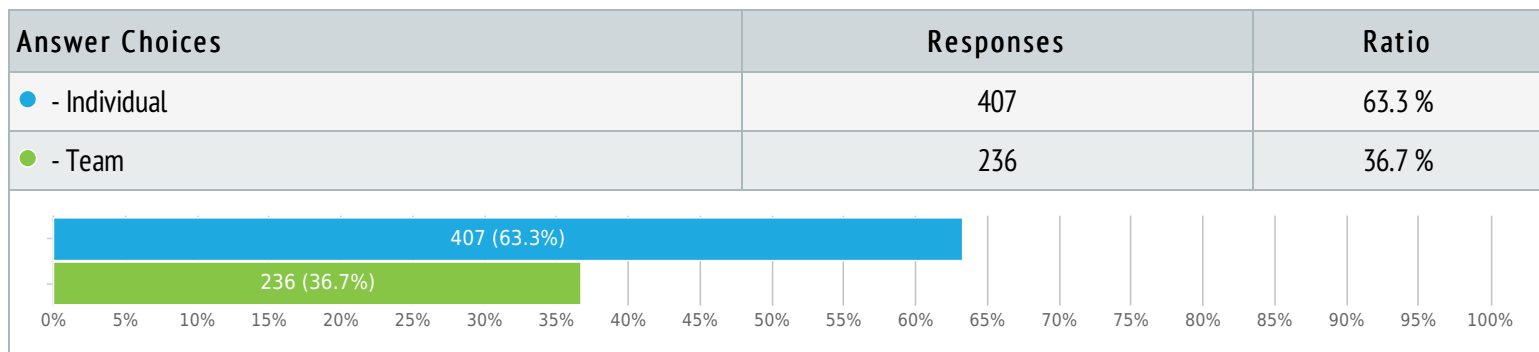
## 12. Do you usually go to the gym or sports centre?

Single choice, answers 643x, unanswered 0x



## 13. What type of sports do you prefer?

Single choice, answers 643x, unanswered 0x



## 14. What are your favourite sports?

Text answer, answers 643x, unanswered 0x

- (3x) Cycling
- tennis and badminton
- My favourite sports are swimming and hiking
- I like to see football
- My favourite sports are Cycling and hiking
- running, skiing
- My favourite sport are swimming and skiing
- My favourite sports are swimming and walking
- (2x) Ski
- (7x) Walk
- climbing
- (15x) football

- My favourite sports are running and play football.
- My favourite sports are tennis and swimming.
- My favorite sports are Pilates
- My favourite sports are swimming, walking and play tennis
- My favorite sports are walk and play football
- Swimming pool
- My favourite sports are skiing and swimming
- (17x) Swimming
- my favourite sport is walk
- My favourite sports are skiing.
- Football and walk
- (2x) My favourite sport is football
- (2x) My favourite sports are skiing and cycling
- Aerial acrobatic
- Running, cycling, hiking ...
- Ski, canyoning, trekking and horse riding.
- I like yoga
- (3x) Gym
- My favourite sport is trail running, but now I'm ride a mounting bike about 2 times a week too.
- skking, walking
- Walking
- (3x) pilates
- my favourite sport are skiing
- (2x) yoga
- (3x) Pilates
- my favourite sports are football and swimming.
- My favourite sports are football and swimming
- My favorite sports is walking
- My favourite sport is wlking
- my favourite sports are aquatic polo
- Water polo
- (12x) Football
- (2x) Skating
- My favourite sports are football and tennis
- My favourite sports are walking and swimming.
- My favourite sports are swimming, walking and doing pilates.
- cycling,skiing, football, walking, table games
- My favourite sports are football amd rollerskating.
- (22x) swimming
- basquetebol

- my favourite sports are skiing and walk
- Walk, Run and swimming
- All sports.
- My favourite sport is walk
- Dancing and kayaking
- i like chees, badminton
- My favourite Sportse are running andre jump
- walk
- Swimming and running
- My favourite sport is walking.
- SWIMMING
- (6x) Running
- (14x) cycling
- Yoga, bicycle and swimming
- (2x) Handball
- (2x) Yoga
- (7x) Walking
- pilates,aerobics
- Fitness, skiing, football, basketball
- My favourite sports are aerobic
- aerobics
- Walks and gym
- (6x) Tennis
- No sport
- I run 4/5 days a week for 40mn.
- vazynejimas dviraciui, begiojimas
- (2x) My favourite sports are swimming
- Aerobics
- My favorite sports are bikes, walks, swimming.
- (8x) tennis
- Caminhadas e Zumba
- Tennis
- gym
- acrobatic gymnastics, dance
- gimnastika
- My favourite sport is walking
- do not have
- My favourite sports are swimming and walking.
- I mostly like to do sports in the gym

- dviračiai
- aquagym
- walking, cycling and voleyball
- (8x) basketball
- (6x) Basketball
- dance, tennis
- basketball, rugby, football
- (9x) -
- My favourite sports is football
- plaukimas ir sportiniai žaidimai
- teniss
- Drive with bike
- jnjin
- Swimming, dancing, ride bycycle
- Sabonis
- I have not my favourite sport.
- bisicle
- Cycling swimming
- (2x) Runing
- (2x) walking
- My favourite sports are badminton, aerobics, volleyball.
- (2x) fitness
- Tranining
- .
- Run, skiing
- Soccee
- my favourite sport are skiing, running and cycling
- my favourite sport are treking
- (2x) Futebol
- Basketball, valeyball, cycling
- exercise
- aerobic
- (3x) Bike
- My favorite sport is artistic skating
- (2x) Fittnes
- swimming, basketball, football
- My favourite sport is bike riding.
- Jogging
- My favorite sport is walking and cycling
- My favourite sports are football and chess.

- yoga, pilates, zumba
- Cicling and body pump
- dance
- play soccer
- Riding
- Bascetball
- Žolès riedulys
- Cycling, walking, swimming, badminton
- My favourites sports are kayak, treeking, climbing and cycling
- go to bicycle
- I don't have
- (2x) Andar pé
- (2x) futebol
- My favourite sports are bascetball
- My favourite sports are skateing and swimming
- my favourite sport is swimming
- My favourite sports are beach volley and dancing
- my favourites sports are outdoor esports
- My favourite sports are aikido and football
- swimming , running
- My favourite sports are running and dancing.
- Fitnes
- My favourite sports are swimming and cycling
- (12x) running
- My favourite sports are volleyball and swimming
- Zumba, Swimming and Walk
- Basketball, football swimming
- Basquetebol
- swimming, dance
- Mymer favorite sports are jogging and pilates
- Football, tennis...
- My favourite sports are swimming and trekking
- Running and fitness group classes
- Swimming and tennis.
- swimming or pilates
- Intensive walking, runin, cycling
- Walking and streching
- We favourite sports swimming, outdoor tennis
- (2x) soccer



- Running, swimming and cycling
- My favourite sport is dance
- (2x) My favourite sports are running and swimming
- My favourite sports are handball and running
- tenis
- SWIMMING, ORBITREK
- (25x) volleyball
- ride bicykle
- volleyball, swimmimg, nordic walking
- riding a bike
- hiking
- I like hiking and swimming.
- HOCKEY, BADMINTON
- FOOTBALL
- my favorite sports are swimming
- Wolking
- basket
- my favourite sport are walk and yoga
- my favourite sports are football and walking
- To walk at a good pace
- basketball and soccer
- Swim
- Soccer
- Trekking, hiking
- yes
- (2x) My favorite sports is swimming
- Swimmingpool, walking, cycling
- martial arts
- My favourite sport is volleyball
- Yoga, jogging
- My favourite sports are swimming walking.
- (2x) My favourite sport is swimming
- My favourite sports are beach volley and bike
- Bycycle
- Box
- My favorites Sports are skiing, cicling,Andreu yoga
- I'm dont practicing the sport
- Hóquei
- My favourite sports era basketball.
- Pilates And I like to Walk

- Cyclism
- Karate
- my favorite sports are swimming and walking
- Calcio
- Volleyball,basketball
- Swimming and badminton.
- Swimming, cycling
- Batminton
- My favourite sports are wolleyball, square, swimming.
- My favourite sports are cycling
- My favorite sports, MMA, footbal and dancing.
- My favorite sports are swimming.
- My favourite sports dancing
- joga
- volleyball, football, ping-pong, cyclist
- ICE HOCKEY
- SIATKÓWKA
- My favourite sports are swimming and basketball.
- fussbal
- piłka nożna
- VASDCGFYUWER,
- Aikido, football, basketball, handball, run, ski
- My favourite sports are swimming, volleyball, skiing
- My favourite sports are walking, yoga and pilates
- judo
- skiing, tennis and rollerskate
- satkówka
- Basketball and dance
- My favourite sports are snowboarding, windsurfing and volleyball.
- CAPOEIRA
- my fovourite sports are basketboll and football
- Tennis, TableTennis
- volle bool
- parcour
- My favourite sports are volleyball and tennis
- My favorite sports are football and swimming
- my favourite sport are volleyball and football.
- Kvadratas tinklinis
- pilates, cycling

- (2x) bicycle
- My favourite sports are dancing, cycling.
- My favorite sports is gym
- My favorite sport is Rugby Union.
- I do not really love sports
- Gymnasium
- football and swimming
- ride a bike
- My favourite sports are swimming and cross- country.
- chess
- My favorite sport is ride a bike
- volleyball and running
- I DONT LIKE SPORT I HATE SPORT I AM ONLY LIKE GIMNASTIC AND NOTHINK MORE
- volleyball and football
- Fitness, wolleyball.
- volleyball, swimming
- handball, volleyball
- swimming,
- pilates, yoga, running
- skiing, bike, swimming, fitness
- body pump
- my favourite sport are volleyball and soccer
- bike, glading
- fitness, gym, swimming
- (2x) athletics
- My favorite sport is skyiing
- (2x) volleyball, football
- (7x) bike
- (3x) skiing
- tennis, swimming
- skiing, diving, horse riding
- tennis, running
- running, cycling
- (2x) skiing, tennis
- volleyball, basketball, handball
- volleyball, ice skating
- basketball, cycling
- skiing, windsurfing
- baseball
- tennis, cycling

- (2x) football, volleyball
- swimming, gymnastics
- ski jumping
- swimming, sailing
- biking
- hockey
- yoga, basketabl, handball, badminton, table tennis
- snowboard, skiing, bike, motor, squash, swimming, fitness
- My favourite sport is running
- bike, walking, skiing
- swimming pool
- running, bicycle, snowboarding
- bike, volleyball
- skiing, tennis, bicykle
- (2x) bike, swimming
- fitnes
- bike, pool
- swimming, water sports
- valleyball, bike
- My favourite sport is volley
- snowboard, riding a horse
- bike, running
- skis, valleyball
- bike, valleyball
- racing
- valleyball, skis, sailing, paragliding
- cycling, ski
- valleyball, athleticks, ballooning
- Snorkling
- treaking
- nordic walking, swim
- swim, bike
- run, swim
- run
- horse riding, basketball, swim
- fitness, dance
- bike, ski
- zumba, swim, bike
- squash

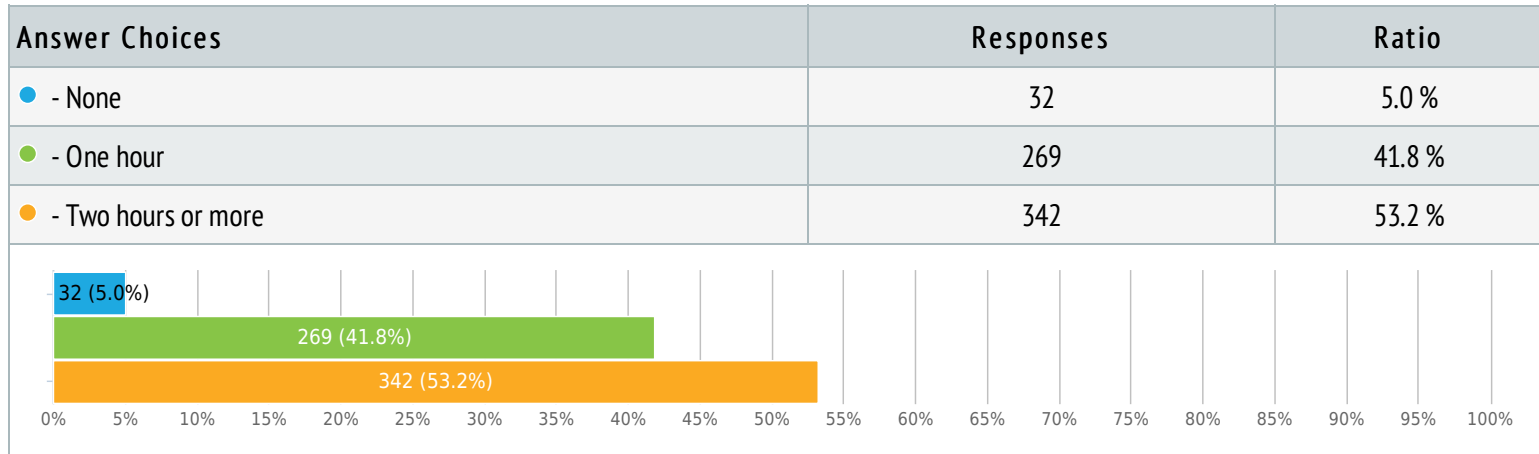
- volleyball, basketball
- cycling, swimming
- Bike, Swimming, all sea sports
- volleyball, badminton
- cycling, swimming, nordicwalking
- (2x) swim
- winter sports
- cycling, aerobic, yoga, badminton
- badminton
- bike , swim
- football , swimming , running
- Skiing, riding a bike
- My favourite sports are: karate, football, handball and skateboarding
- downhill
- BASKETBALL
- My favourite sports are swimming, volleyball and skiing.
- Swimming cycling and running
- Hurling
- soccer, GAA
- Horseriding, Walking Resistance Training
- Walking, boot camp , Pilates
- Swimming cycling
- swimming, volleyball
- swimming, walking, running
- bike, rollerskates
- Running, soccer
- nordic walking, yoga, swimming, bike
- swimming, walking
- bike, rollerskates, volleyball
- Hurling running
- My favourite sport is cycling.
- SKI
- Treadmill and walking
- running swimming lifting
- running, swimming
- ice hockey, volleyball
- cross activities
- skiing, cycling
- swimming, cycling
- climbing, cycling, skiing

- bodybuilding, volleyball, football, ski jumping
- swimming, badminton, cycling
- cycling, tennis
- rollerskates, running
- Riding, soccer
- Swimming walking
- Gymnastics
- Walking, swimming
- soccer, fishing. Swimming, running
- My favourite sports are walking and pilates
- football tennis
- camogie and running and irish dancing
- My favourite sports are basketball, volleyball, badminton and football.
- Cycling and walking
- Gaelic football, hurling/camogie {Irish games}, soccer, running
- camogie swimming
- My favourite sports are cycling, running and swimming.
- Swimming aqua aerobics
- boxing
- volleyball, gymnastics
- volleyball, football, ski jumping
- table tennis
- basketball, football
- soccer and Gaelic Football
- ice hockey, volleyball, athletics
- Cycling, walking, hurling, soccer, swimming
- Fitness
- volleyball, handball
- My favourite sports is running
- PING PONG
- horse riding and running
- (2x) swimming
- my favourite sports are baseball
- cycling, figure skating, skiing
- My favourite sports are swimming and playing basketball.
- riding a bike, volleyball
- Pilates, yoga,
- swimming, cycling, aerobic
- volley, football

- My favourite sport is basketball
- SOCCER,HURLING,RUNNING
- SOCCER ,HURLING , RUNNING
- bike, fitness
- swimming, bike, skiing, running
- skiing, skating, cycling
- I don't like sport.
- I don't like sports
- swimming, cycling
- cycling, running
- martial arts
- cycling, skiing
- Hurling , swimming
- My favorite sports are skiing and acrobatics fabrics.
- gymnasium; footbal
- Gaa
- ski
- Skateboarding
- Kickbox
- My favourite sports are swimming, badminton
- Chess
- Volleyball, badminton, tennis.
- Maybi football
- MTB cycling
- My favourite sports is dance and swimming
- My favourite sport is dance.
- walking cycling and basketball
- I don't have any favorite sport, but i prefer football.
- My favourite sport volleyball
- basketboll
- bmx sport
- My favourite sport is volleyball

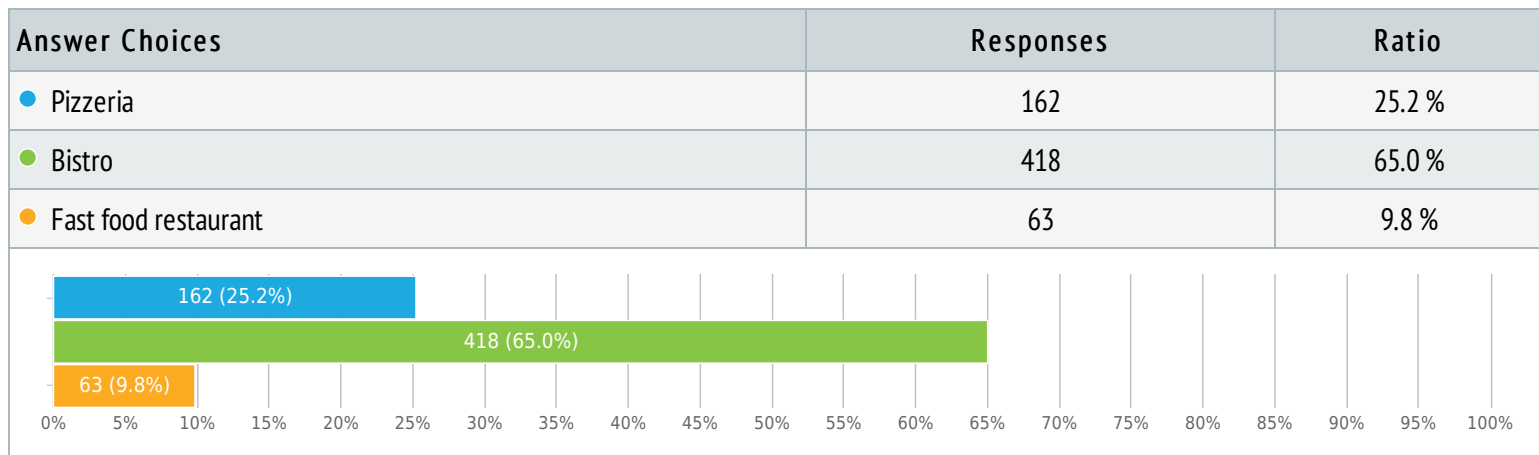
## 15. How many hours of screen do you usually have in a day?

Single choice, answers 643x, unanswered 0x



## 16. When you go out for dinner with your family which type of restaurant do you prefer?

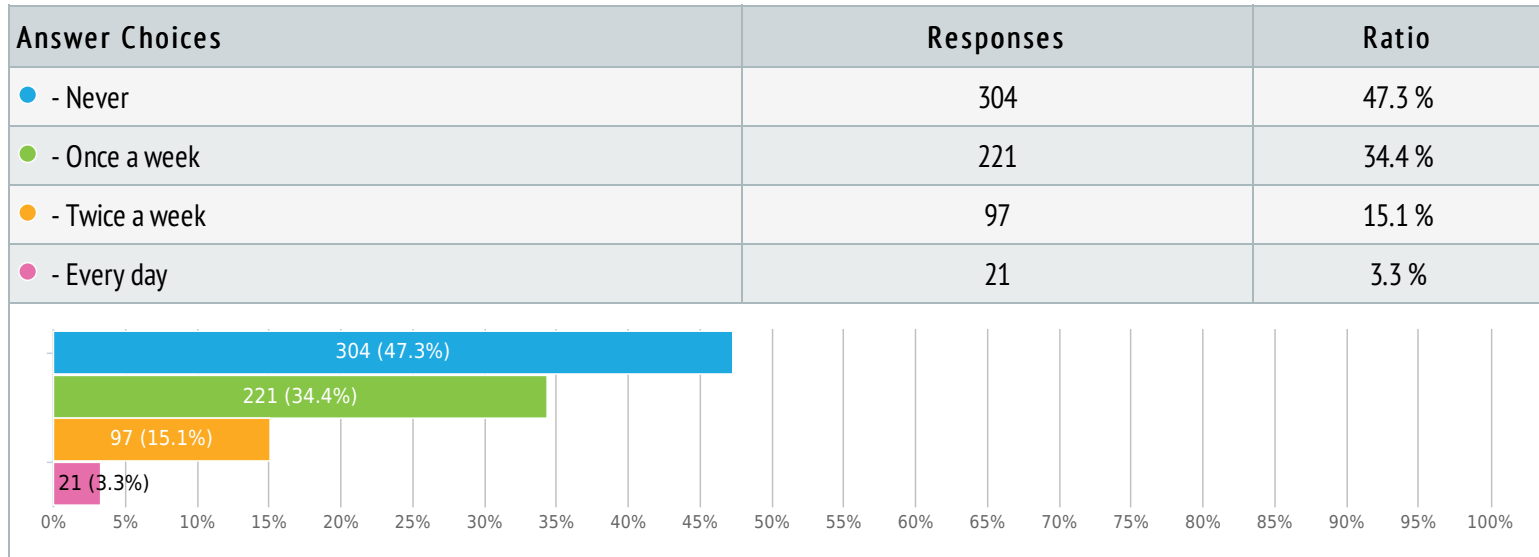
Single choice, answers 643x, unanswered 0x





## 17. How often do you drink wine, beer or spirits?

Single choice, answers 643x, unanswered 0x



## 18. When you go to the beach or the moutain, what type of protections do you use:

Text answer, answers 642x, unanswered 1x

- (14x) Cap
- Cap, cream, good shoes
- I use sun protection, hat or cap and sunglasses
- Sun protect
- I wear sun proteccion
- (30x) sunglasses
- I usually use sunglasses and sun proteccion
- I usually wear a hat and sunglasses
- Cup
- (9x) Cap and sunglasses
- shirt, sunglasses, hat
- had and sunglasses
- I usually wear sunglasses and sun protector.
- I usually wear a cap, sunglasses and sunscreen.
- (3x) I usually wear a sunglasses
- I usually wear a cap, sunglasses and skin protector
- I usually wear sunglasses and proteting sun cream
- (7x) Sun cream
- I usually wear sunglasses and sun protection
- Cap sunglasses suncream

- Solar cream and a hat
- I usually protection 50 and sunglasses
- I usually wear protective cream.
- Hat and sunglasses
- (14x) Sunglasses
- (11x) I usually wear sunglasses
- I usualis a sunglasses
- sun cream, sunglasses, appropriate clothing
- I always wear sunglasses and use sunscreen, and I sometimes use a hat.
- Sunglasses, hat, umbrella and sunscreen
- I usually wear a sunglasses and protector
- I used a goog sport shoes to practice trail running and a head protection for mountain bike
- sunglasses, sun cream, cap
- suncream, sunglasses, shirt, hat
- I usually wear a cap, sunglasses and sun cream
- I usually wear a cap, sunglasses and uv protection
- sunglasses, sun protector
- Sunglasses, sun protector
- (3x) sun protection
- sun protaction
- i usually wear a cap, sunglasses and sunscreen
- Sua Protector
- I usually wear a cap anda the beach usually protector
- Eu geralmente uso boné
- Sun protector, cap and sunglasses
- I usually use sunglasses and sun protection
- I usually wear sunglasses and use sunscreen.
- I wear sunglasses and use sunscreen.
- sunglasses. suncream
- sunscreen , drink water
- (2x) i usually wear a cap and sunglasses
- (11x) I usually wear a cap and sunglasses
- I sometimes wear a cap but I always use sunscreen
- I usually use suncream in the beach
- cap , sunglasses and sun protect
- I usually cap, sunglasses ansiedade sunscen.
- Cap,sun protect and sunglasses
- I usually wear sunglasses and use sunscreen cream
- SUNGLASSES
- (3x) suncream

- Sunglasses, scarf.
- I usually use sun protection cream, a cap..
- Cream,sunglasses
- Cap, cream, sunglasses
- Wea
- (3x) Cap, sunglasses
- (2x) I wear a cap and sunglasses
- I use sunscreen to protect my skin and my family skinfrom the sun.
- West a cap
- kepuraite
- (7x) I usually wear a cap
- Hat
- I usually wear sunglasses and sun protector
- I ususly waer a cap , sunglasses, have a bottle of water.
- (11x) cap
- Uso sempre protecção solar, chapéu e óculos
- Water is necessary for use.
- sunglasses and cap
- cap ,sunglasses
- I usually wear a cap and sunglasses, sunscreen
- akinius nuo saulés
- I usually cap.
- (10x) I usually wear a cap and sunglasses.
- I usually wear a cap and sunglasses, water
- (3x) cap and sunglasses
- cap, sunglasses and suncream
- (3x) No
- we wear caps and sunglasses
- Cream from sun spf 50, sunglasses, wear acap
- (3x) sunglasses, cream
- sunglasses, Sun Protection Cream
- (6x) -
- kepuraiteꞤ nuo saulés
- never
- Cap sunglasses
- svsgg
- Sun protection cream, sunglasses
- I use sunscreen
- (2x) suncream, cap

- Capital, sunglasses
- (2x) Never
- (6x) cream
- I usually wear a cap/a headscarf, sunglasses, sunscreen.
- cream from sun
- i don't go to the mountains. Beach - Sunglasses and a cap.
- (2x) .
- Uu
- (2x) 50
- protection 50
- Clothes
- I usually wear a cap, long sleeve shirt, sunglasses, suncream.
- A cap and sunglasses
- Protector and subclasses
- I wear a cap, sunglasses, suncream
- (2x) I usually wear a sunglasses and sun protector
- (2x) I usually wear sunglasses and sunscreen
- (5x) cap, sunglasses
- Sunglasse
- I usually wear comfortable footwear.
- Sunscreen, cap, sunglasses
- ON THE BEACH I WEAR GLASSES AND A PROTECTOR
- I do not go there.
- cap, raincoat
- suncream, cap and sunglasses
- Watter
- Beavh
- sunglasses, sunscreen, hat.
- Cap and sunglasses
- Nešioju kepure
- A cap, sunglasses and suncream
- a cap, sunglasses sun lotion
- (2x) Protetor Solar 50
- protector de sol
- Sunglases
- Cup and sunglases and suncream
- I sometimes wear a cap and particular boots
- I usually wear a cap, the sunglasses and a protective cream
- i usually sun protection
- sunglasses and cremita

- I usually use sunglasses and solar creams
- (4x) sun cream
- (3x) I usually wear a cap.
- I don't use protections
- sunscreen and sunglasses
- I usually wear sunglasses.
- Cap protect body cream
- usually seen pants a sweater
- I always put on my sunglasses, sunscreen and a cap
- I usually wear a cap and have water
- I wear sunglasses and i apple cream
- hat, solar protection
- Capa, sun protector, t-shirt
- Cap sunglasses and cream
- Sunglasses and sunscreen at the skin
- A cap/ hat and sunglasses.
- for montain protective dress for the Beach sunglasses
- cap, sunglasses, cream
- sunglasses, head wear
- Sunglasses, cap, sun protection cream
- Weather, sunglasses
- We usually wear a caps,
- sunscreen, cap, sunglusses
- sunglasses and protective cream
- sunglasses, suncream and comfy shoes
- I usually wear cap
- good shoes, sunglasses, appropriate clothes
- I usually wear sunglusses and I use cream with filter. I wear special clothes
- Sunglasses, suncream , a cap
- every week
- GOOD SHOES,
- suncream, good shoos
- suncream, sunglasses, good shoes, raincoat
- jacket
- I usually wear a sunglasses.
- cap, good shoes, raincoat
- hat, sunglasses, sun cream
- Cream with filters.
- sunglasses, raincoat, good shoes

- cap, sunglasses, sun cream
- CAP SUNGLASSES
- i usually wear a cup
- Cap and sunglasses, protective cream
- ....sunglasses
- i usually wear sunglasses
- Solar cream 50
- Sunglasses and cream
- sunglasses and sunscreen
- I usually a solar cream
- Cap, sunglasses, protective skin cream
- Chapéu, óculos sol, protector
- no
- I usually wear a sunglasses
- CAP and sunscreen
- (2x) Sunscreen
- I usually wear sunglasses and I use a solar protection
- I dont no
- I usually wear sun protection, sun classes and a cap
- I usually to the beach or the mountain wear bag
- none
- Cap And sunglasses Fo the Mountain
- Cap, sunglasses andcreme protection
- cap sunglasses sun cream
- i usually wear a sunglasses
- Cap,suncream,sunglasses
- wear a cap
- I wear a cap and a jacket (if it gets cold).
- (2x) I wear a cap
- I usually wear sun protetcion and a cap.
- I ussually wear a cap, sunglasses, sunscream.
- I usualy wear a cap
- sunglasses, sunscreame.
- suncreame
- Wear a sunglasses
- I wear a t-shirt
- SUNGLASSES, CAP
- OKULARY PRZECIWSŁONECZNE, KREM UV
- I usually wear sunglasses and a cap.
- czapka oksay

- czapka okulary przeciwsłoneczne i inne
- ZXCB VK.
- I usually wear a swimsuit, sunglasses and hat
- sunglasses, backpack, water, cap
- I usually wear sunglasses and uv cream
- I usually wear a cap, sunglasses and umbrella
- hat and glasses
- (2x) Beach
- good shoes and backpack
- goggles, helmet, sunglasses,
- i am szlik
- go to the beach
- (3x) sunglasses, hat
- T SHIRT
- (2x) i usually wear a cap
- I rarely wear cap
- I usually wear a cap, sunglasses and bagpack
- shoos
- I usually wear a cap and T-shirt
- i always wear a cap and sunglasses and i always put sunscreen.
- I usually use my sun cream
- I usually use sunscreen and sunglasses.
- Aš esu pilnai apsirengusi nes gėdijuosi savo kuno
- sunglasses, cap, creme with SPF
- I usually wear sunglasses and sometimes I take sun protection cream.
- I usually wear cap.
- I usually wear a cap and a windstopper to go to the mountain.
- I usually wear a cap and sunglasses and high protection sunscreen
- Protector
- I wear swimsuit, slippers or water glasses
- two times for a year
- I usually go to beach
- schos, bag, telephone.dring,foods
- shoes food map phone drinks
- UMBRELA SWIMSUIT
- I usually wear sunglasses, comfortable boots.
- hat, sun cream
- hat, shoes, shadow
- hat, sunglasses

- sun cream, sunglasses, UV clothes
- sun cream, hat, sunglasses
- (2x) sun cream, sunglasses, clothes
- I wear a sunglasses
- (6x) hat
- sunglasses, sun cream, hat
- (5x) sunglasses, hat, sun cream
- sun cream, sunglasses
- (14x) sunglasses, cap
- sun cream, sunglasses, cap
- all we need in specific situation
- (2x) suncream, sunglasses, cap
- (3x) sunglasses, suncream, cap
- (2x) suncream, sunglasses
- sunglasses, cap, suncream, water
- (2x) cap, suncream
- I usually wear a swimming siut and sunglasses
- sunglasses, suncream, raincoat, warm drinks
- sunglasses, cap, fluids against insects, suncream
- sun cream, sunglasses, hat
- sun umbrella, sun cream, sunglasses
- Gucci cap
- sunglasses, hat, shoes, clothes, water, food, first aid kit
- Cap, sunglasses and sun protection
- Sun protection, sunglasses, sun umbrella
- sun factors, sunglasses, cap
- (2x) glasses, a cap
- cap, factors
- cream with factors, cap, sunglasses
- sunglasses, hat, cap, cream with filter
- appropriate footwear
- cream protector, cap
- (2x) sunglasses, cream with filter
- (2x) sunglasses, cap, cream
- sunglasses, cream, cap
- (5x) glasses
- sunglasses,
- cream, cap
- sunglasses, good clothes
- sunglasses, a cap, cream with filtres



- (2x) cream, cap, sunglasses
- I usually sarà one bottle of water and sunglasses
- glasses, headgear, filters
- (2x) cream, glasses
- (2x) cream with filter
- oculos de sol e gorro
- i usually wear cap,sunglasses anb sun proteac cream
- wear a cap, cream with factor
- glasses, good shoes
- sunglasses, cap, cream with factor
- sunglasses, good shoes, cream with factor
- (2x) wear a cap and sunglasses
- cap, cream with factor
- (4x) wear a cap and sunglasses, cream with factor
- good shoes
- sunglasses , cap, cream
- sunglasses , cream
- cap, cream
- sunglasses, cream UV
- Cap, sunglasses, skin cream
- cream UV , cap
- cream , sunglesses
- (3x) cap , cream uv
- (2x) cream , cap
- sunglasses , cap
- sunglasses, cap, suncream
- sunglasses, cap, cream UV
- appropriate clothes
- sunglasses, suncream
- cap, avoiding the sun
- cap, suncream sunglasses
- sunglasses , cream , cap
- at holidays
- I usually use UV creme and wear a cap.
- sunglasses, cap and backpack
- backpack
- Suncream and Sun hat or beach tent
- Sunscreen, sunglasses, hat
- Sunscreen, Sunglasses

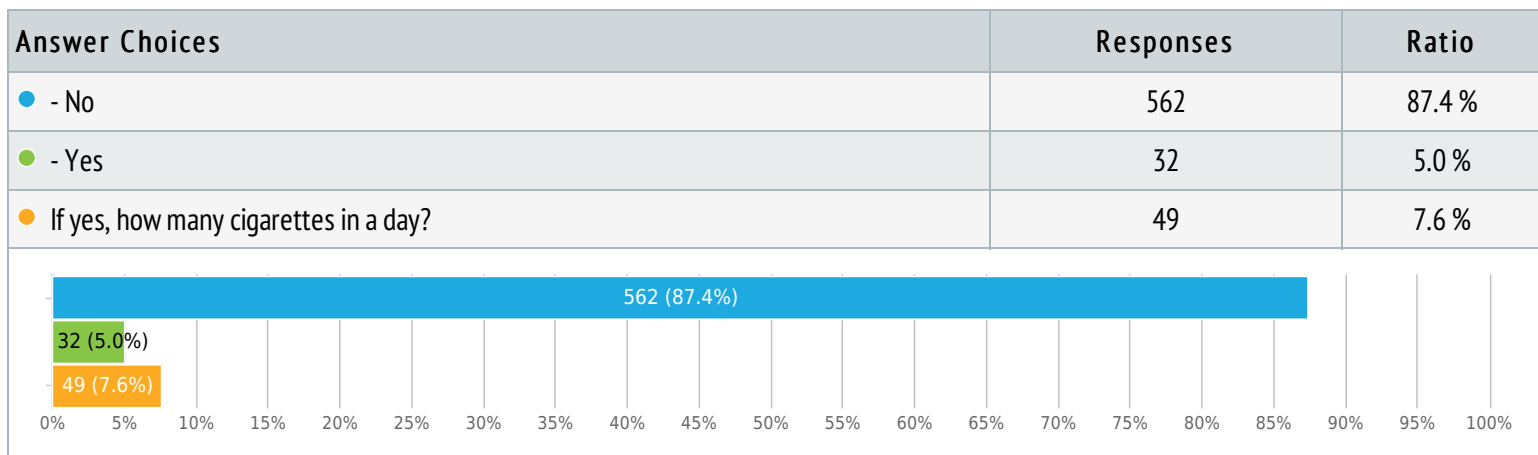
- Suncream
- Sun protection
- shoes, sunglasses, water
- Sun screen, cap sunglasses,
- hat, sunglasses, shoes, jacket, sun crem
- Cap sunglasses sun cream
- (3x) sunglasses, sun cream
- Beach - Sun cream, caps, sunglasses, uv protective swim wear. Mountain - we don't go to mountain
- sunglasses, sun cream, hat, umbrella, clothes
- sun cream, hat, safety kit
- If it is hot at the beach then i would wear suncream and a sunhat and sunglasses
- I usually wear a cap, sunglasses and sun protection.
- Sun cream and sunglasses
- Sun screen glasses hat
- glasses, sun creams, hats
- (3x) sunglasses, a cap
- sun cream, hat, sunglasses, anti-insect sprays
- (2x) sunglasses, hats
- sun cream, glasses, a cap
- sunglasses, caps, creams
- sunglasses, cream, hats
- I wear a cap and glasses
- sunglasses, cap, creams, mineral water
- cream and caps
- sunglasses, caps, good shoes
- a cap and sunglasses, cream
- Sunglasses sunscreen
- Spf fifty, cap
- Cream
- Solar cream
- Sunglasses, cap and suncream
- Cap, sunglasses. Sun cream. Protective clothing
- Cap, sunglasses, sun block, protective clothing
- cap sunglasses cream protection
- I usually wear Sun screen and a cap and sunglasses
- I every wear sunglasses, a cap and a jacket.
- Hat, sunglasses and sunscreen
- Suncream, hat , sunglasses
- sunscreen sunglasses
- I wear sunscreen and sunglasses.

- None
- sunglasses, bpacks, cap, water, cream, phone
- creams, caps, glasses, shoes, coat
- sunglass, cream, caps
- a cap, sunglasses
- Wear sun hat, suncream, mobile phone, hiking boots
- Hat sunglasses suncream
- cream, hat
- parasol, sunglasses
- Sunglasses, cream
- WALKING
- Sex
- cap and sunscream
- sunglasses
- a cap and sunglasses, creams UV
- cap, UV cream and sunglasses
- Hat, sunglasses, sunscrenn
- a cap and sunglasses, UV cream
- I wear a cap and sunglasses. I use UV cream.
- glasses, cream
- I usually use sin protection
- SUN CREAM,A HAT AND SUN GLASSES
- SUNCREAM, WOOLYJUMPER ,
- Hat and sun cream
- sunglasses, a cap, protective cream
- protective cream, sunglasses
- (2x) sunglasses, cap, protective cream
- sunglasses, hat, protective cream
- I don't go to these places.
- sunglasses, cap, shoes
- Sun screen, sunglasses
- I usually wear suncream, a cap and sunglasses.
- bone and sunglasses
- Cap,sunglasses.
- cap, sunglasses, sunscreen
- What ever wear is required
- I usually wear a cap cap
- ldk
- (2x) Nothing

- Sunglasse, hat, sun cream.
- I usually wear a sunscreen, cap, sunglasses
- I usually wear sunglasses and suncream
- cap, sunglasses, sun cream,
- i usually wear hat, sun cream, and shorts
- I usually wear sunglasses, sun cream and a cap
- I usually wear sun cream, sunglasses.
- suncream and sun umbrella
- I use sun cream...
- I wear sunglasses.
- I doun t nou...
- ropes and special shoes
- I always use protective cream

## 19. Are you a smoker?

Single choice, answers 643x, unanswered 0x



- (4x) 15
- 4/6
- (12x) 10
- (2x) 2
- (2x) 1
- (5x) 5
- Four
- (3x) 3
- (2x) it depends
- five
- (5x) 4
- 6

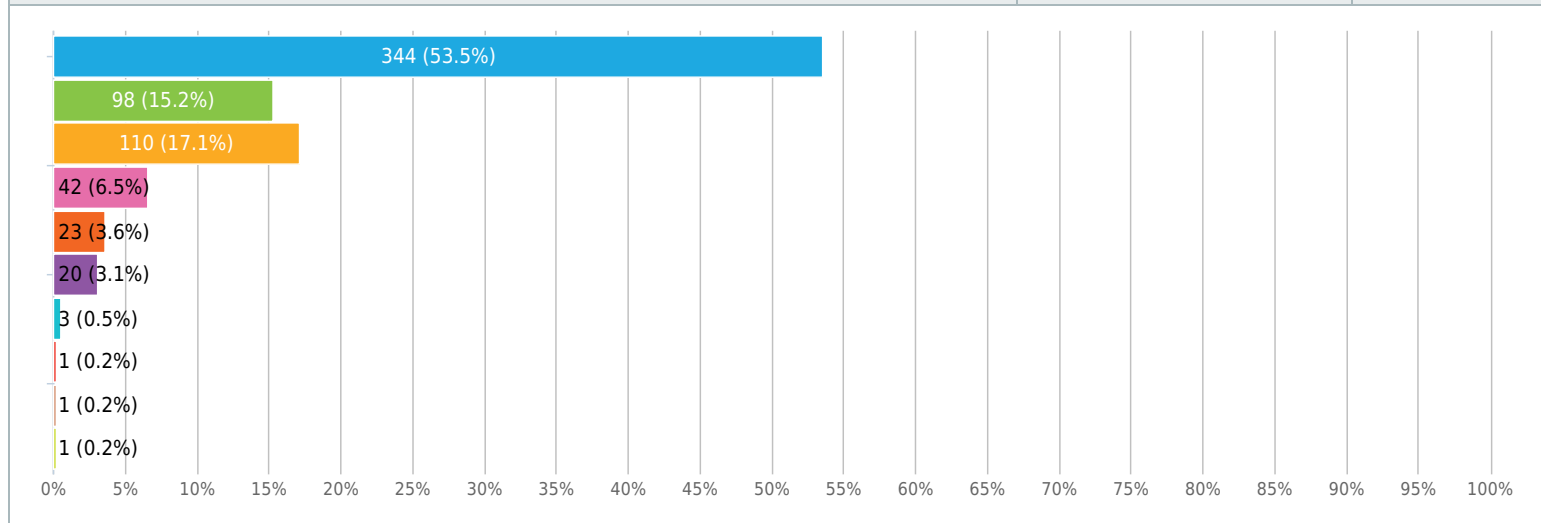
- (3x) 8
- 4 cigarette's
- ten
- never
- (2x) 20
- 2 per month
- Five

## 20. From 1 to 10, grade how important is having a healthy lifestyle?














Star Rating, answers 643x, unanswered 0x

Number of stars 9.0/10

Answer	Responses	Ratio
10/10	344	53.5 %
9/10	98	15.2 %
8/10	110	17.1 %
7/10	42	6.5 %
6/10	23	3.6 %
5/10	20	3.1 %
4/10	3	0.5 %
3/10	1	0.2 %
2/10	1	0.2 %
1/10	1	0.2 %



## 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 over 12 and adults)

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. Who are you?

Question instructions: *Select one answer*

- I'm a student
- I'm a parent
- I'm a teacher

### 2. Where are you from?

Question instructions: *Select one answer*

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

#### NUTRITION

### 3. How many portions of fruit do you usually eat in a day?

Question instructions: *Select one answer*

- None
- One
- Two or more

### 4. How many portions of vegetables do you usually eat in a day?

Question instructions: *Select one answer*

- None
- Between one and three
- Four or more

### 5. What type of snack do you usually eat?

Question instructions: *Select one answer*



Sweets and cookies



Fresh fruits

### 6. How many sugary drinks do you usually drink in a week?

Question instructions: *Select one answer*

- More than five
- Between two and four
- One
- None

### 7. Are the meals your family eat ...

Question instructions: *Select one or more answers and type how often: never, rarely, sometimes, usually*

- ... "take away" or cooked outside the home?
- ... cooked from the beginning until the end in your kitchen (home made)?
- ... ready made (for example frozen dinners)?

### 8. Rate each food group according to your preferences.

Assign: 100 points

- Vegetables, salad and fruit.
- Wholemeal cereals and breads, potatoes, pasta and rice.
- Milk, yoghurt and cheese.
- Meat, poultry, fish, eggs, beans and nuts.
- Fats, spreads and oils.
- Foods and drinks high in fat, sugar and salt.

### 9. Do the children go food shopping with you?

Question instructions: *Select one answer*

- Usually
- Sometimes
- Rarely
- Never



## PHYSICAL ACTIVITY

10. How often do you cycle, walk, skateboard or ride a scooter to school or work?

Question instructions: *Select one answer*

- Never
- Sometimes
- Most of the days

11. What physical activities do you do with your family?

Question instructions: *Write your answer. Example: We play Twister at home. We walk the dog every morning.*

12. Do you usually go to the gym or sports centre?

Question instructions: *Select one answer*

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

13. What type of sports do you prefer?

Question instructions: *Select one answer*

- Individual
- Team

14. What are your favourite sports?

Question instructions: *Type your answer. For example: My favourite sports are swimming and skiing.*

## PERSONAL CARE AND ROUTINES

15. How many hours of screen do you usually have in a day?

Question instructions: *Select one answer*

- None
- One hour
- Two hours or more

16. When you go out for dinner with your family which type of restaurant do you prefer?

Question instructions: *Select one answer*



Pizzeria



Bistro



Fast food restaurant

17. How often do you drink wine, beer or spirits?

Question instructions: *Select one answer*

- Never
- Once a week
- Twice a week
- Every day

18. When you go to the beach or the mountain, what type of protections do you use:

Question instructions: *For example: I usually wear a cap and sunglasses.*

19. Are you a smoker?

Question instructions: *Select one answer*

- No
- Yes
- If yes, how many cigarettes in a day?

20. From 1 to 10, grade how important is having a healthy lifestyle?

☆☆☆☆☆☆☆☆☆☆  / 10