



PATIENT LIFESTYLE QUESTIONNAIRE

Answer the following questions about you

1 What time do you go to bed? How many hours do you usually sleep?

I sleep about 6 hours a day. Normally I go to bed around 1:00 am.

2 What do you usually have for breakfast?

I skip breakfast most of the time. I might have a bannana.

3 Do you do exercise every day? What do you do?

I take a walk in the evening after I return from work.

4 Do you eat fruits and vegetables? Which are your favorites?

I eat lost of mangos and bannanas. Somtimes I eat lettus, cucumber, bell pepper.

5 How many hours do you spend watching TV / videos?

I don't watch TV. I spend about an hour in the evening browsing YouTube.

6 Do you smoke? If yes, how often do you smoke?

I smoke about 10 cigarettes a day.

7 Do you consume alcohol? If yes, how often do you drink alcohol?

Occasionally when I have a guest I might have wine or beer.

8 How much water do you drink every day?

I drink about 2 litres daily.

9 How often do you eat fast food?

The last time I had a pizza slice was two months ago.

10 How many hours a day do you remain sitting at work and home?

I stay at my desk at work for 12 hours.