**HEALTHY LIFYSTYLE QUESTIONS**

1. **What is healthy lifestyle? What does it mean to you?**
2. **Do you do many sedentary activities?**
3. **Why are sedentary activities bad for health?**
4. **Are you a coach potato?**
5. **Do you prefer to walk or use public transport?**
6. **Are there any things your parents don’t allow you to do?**
7. **Who can encourage you in difficult situation?**
8. **Do you do any sport or do you play any sport games?**
9. **What is the best way for you to spend free time?**

*Example:* The best way for me to spend free time is to walk (що робити? що зробити?) outside with my friends.

**10. Do you have a busy day?**

**11. At what time do you usually get up?**

**12. When did you get up yesterday?**

**13. What can you do to improve your health?**

**14. How often do you catch a cold?**

**15. Do you always eat healthy food? Do you eat a lot of vegetables? Do you eat fruits every day?**

**16. Do you eat fast food? Do you drink soda? How often do you drink soda?**

**17. Do you skip breakfast?**

**18. Do you think that smoking/ alcohol is bad for your health?**

**19. How often do you do exercises?**

**20. What is the best way to deal with stress? What causes your stress?**

**21. What healthy / bad habits do you have? What habits would you like to change?**