

# Connie's Health, a Questionnaire.

See accompanying confidentiality agreement.

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## **Food & Drink.**

A questionnaire regarding food intake;

### ***Eating;***

Regular meals;

What time do you have your regular meals?

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What content in the meals;

Breakfast

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Morning Snack

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Lunch

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Afternoon Snack

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Dinner

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Evening Snack

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Specific foods and drinks;

What sugar

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What sugar free / diet foods / drinks.

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Raw Fruit &Vegetables

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Bread, Butter.....

## ***Cooking habits;***

Mainly Cooked or Fried food.

Microwave?

What cookware in microwave?

Using salt, Pepper, Herbs and Spices?

Butter Margarine.

Food Oils?

## ***Drinking***

What are your drinking habits?

**WATER!!!!!!**

What water

Council tap water?

Filtered?

Bottled Water?

Tank Water?

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When / how often do you drink water?

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Other Drinks;

Juices

Cordial

Soft Drinks

Diet Drinks

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Coffee

Tea

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Others

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Alcoholic Drinks

Beer

Wine

Spirits

Others

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## **Physical Activities**

A questionnaire regarding physical activities;

### ***Daily work & Activities***

Physically work.

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Office work?

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Indoor / Outdoor?

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Toxic environment work?

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Stressful Work?

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### ***Exercise;***

What exercise are you doing Regularly?

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How frequent exercises?

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What outdoor activities, time in the sun?

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## **Cardio Exercise**

Walking

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Running

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Biking

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Gym Programs

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## **Weight training**

Home training?

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Personal Trainer?

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Organised Training?

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Gym Programs?

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## **Mind & Spirit;**

Religion;

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Studying

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Meditation

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Yoga

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## **Hygiene;**

A questionnaire, in line with Don Tolman's program on cleaning your environment;

### ***Hygiene, Personal.***

What body cleaning products?

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### ***Hygiene Home***

What food packaging?

What detergents?

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### ***Hygiene Environment.***

## **Relationship**

A questionnaire regarding relationship – Mental environment;

### ***Partner***

Current relationships.

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### ***Children***

How Many?

How is the Relationship with them?

Same marriage or different?

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## ***Relatives***

Passed relationships.

Grand Parents, Parents, In Laws, Siblings, Ex-partners.

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## ***Friends & Contacts***

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## ***Work Relationship.***

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