

# My Lifestyle

How many people are there in your family?  
(you can include your pets).

Do both your parents go out to work?

How many brothers and/or sisters do you have?

What is your position in the family – oldest/youngest? \_\_\_\_\_

Do you find the pace of life 'too fast', 'about right' or too relaxed'? \_\_\_\_\_

Do you eat breakfast? If yes, what do you eat? \_\_\_\_\_

What do you have for lunch? \_\_\_\_\_

What do you have for tea?

What are your favourite foods?

What foods do you dislike?

How many sweets do you eat in a day? How many cakes?

What do you like to drink?

In your spare time, what hobbies and interests do you have?

How much time do you spend watching television or playing on the computer?

What is your favourite television programme and/or computer game?

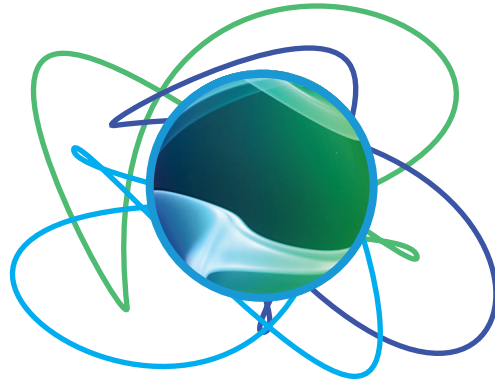
How often do you play with friends outside?

How often do you take part in sports or exercise?

Would you describe yourself as usually happy, sad or in-between?

How many out of ten would you rate your life? Why?

At what time do you go to bed on a school night? How much sleep do you get?



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