



THE PATTERN OF LONGEVITY

QUESTIONNAIRE ON PHYSICAL ACTIVITIES, ADDICTIONS AND HARMFUL HABITS

Age

- a) 15-16
- b) 17-18
- c) 19+

Gender

- a) K/F
- b) M/M

Country of residence

- a) Poland
- b) The Czech Republic
- c) Italy

1. How do you rate your health condition?

- a) very good
- b) good
- c) average
- d) bad

2. How do you rate your physical fitness?

- a) very good
- b) good
- c) average
- d) low
- e) very low

3. How often do you do sports?

- a) I don't do any sports
- b) 1-3 times a month
- c) 1-2 times a week
- d) 3-4 times a week
- e) more than 4 times a week

4. How long in average is your physical exercise?

- a) 0-1 minute
- b) less than 15 minutes
- c) 15-30 minutes
- d) 30-60 minutes
- e) more than 60 minutes

5. Which physical activities do you prefer?

- a) jogging
- b) workout at gym
- c) team games
- d) cycling
- e) swimming

6. What motivates you to take up sports?

- a) winning prizes
- b) improving my physical condition
- c) catching up with others
- d) running away from everyday duties
- e) interesting way of spending free time

7. What are the positive results of physical activity?

- a) improving physical fitness
- b) improving health condition
- c) increasing stress and fatigue resistance
- d) dream quality improvement
- e) figure improvement satisfaction
- f) new friendships

8. Where do you like to practise the most?

- a) at home
- b) at gym
- c) at fitness club
- d) outdoors

9. Who/what affected the fact you are physically active?

- a) sports club/organization
- b) family encouragement
- c) friends
- d) availability of sports facilities
- e) media
- f) personal interests and needs

10. What factor most limits your physical activity?

- a) lack of time
- b) laziness
- c) studying
- d) poor physical fitness
- e) health condition
- f) fear of ridicule

11. Do you happen to drink alcohol?

- a) yes
- b) sometimes
- c) never

12. Do you smoke?

- a) yes
- b) sometimes
- c) never

13. Have you ever taken drugs?

- a) no, never
- b) yes, it happened

14. Do you think you have become addicted to?

- a) using smartphones
- b) social networking sites
- c) computer games
- d) betting

15. How do you react to stressful situations?

- a) I eat a lot
- b) do sports
- c) listen to music, use a computer
- d) smoke cigarettes
- e) drink alcohol

Thank you for taking the time to complete this questionnaire!