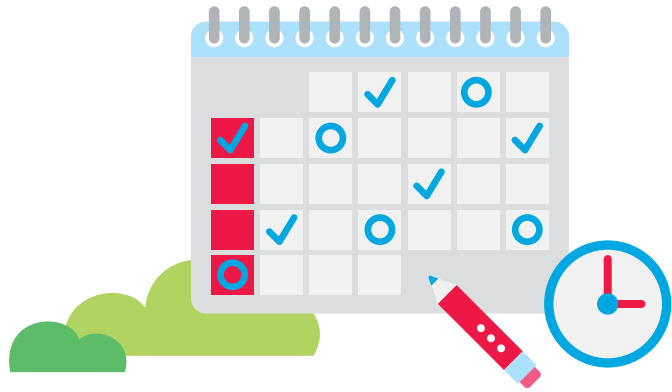




My Living Habits



Please answer the following questions based on your eating, exercise, sleeping and leisure habits.

1. Eating Habits

(A) How many meals do you usually have everyday?

Breakfast Lunch Afternoon tea Dinner Late-night supper

(B) What is your favourite food? How often do you eat it in a week?

2. Exercise Habits (e.g. playing ball games, jogging, cycling)

(A) Do you exercise regularly?

(B) If yes, what kind of sports do you usually do?

(C) How much time do you spend on exercising in a week?

3. Sleeping Habits

(A) When do you go to bed at night?

(B) How many hours do you sleep everyday?



4. Leisure Habits (e.g. listening to music, reading, video game, internet surfing)

(A) What is your favourite leisure activity? (You may write more than one activity.)

(B) How much time do you spend on leisure activities everyday?
