Questionnaire on lifestyle habits – English adoption

1. How many cups of caffeinated coffee do you usually drink? (1 cup = 200 ml)
   □ none □ 1 cup per day
   □ 1 cup per week □ 2 or more cups per day

2. How many caffeinated drinks (e.g. „energy drinks“, Coca Cola) do you usually drink? (1 glass = 200 ml)
   □ none □ 1 glass per day
   □ 1 glass per week □ 2 glasses and more (e.g. one 500ml bottle or more)
   □ per day

3. How many alcoholic beverages do you usually drink?
   beer, wine, fruitwine, mixed beer, prosecco, cocktails, hard liquor or other mixed beverages
   □ none □ 1 to 3 glasses per week
   □ 1 glass per week □ more than 3 glasses per week

4. How often are you physically active / exercising during your leisure time?
   □ never □ 3 times a week
   □ less than once a month □ 4 times a week
   □ 1 to 3 times a month □ 5 times a week
   □ 1 time per week □ 6 times a week
   □ 2 times a week □ 7 times a week and more

5. Are you member of a sports club or gym?
   □ no □ yes, both
   □ yes, one of them □ more than two sports or gym memberships

6. How long do you usually exercise?
   □ less than 11 minutes □ 41 to 51 minutes
   □ 11 to 20 minutes □ 51 to 70 minutes
   □ 20 to 31 minutes □ 71 to 90 minutes
   □ 31 to 40 minutes □ longer than 90 minutes

7. Compare your usual physical exercise intensity: like…
   □ …walking?
   □ …jogging/endurance run (long range, moderate speed)?
   □ …running?
   □ …fast running/short distance running (high speed)?

8. Are you currently smoking?
   □ no □ yes, more than once a week
   □ yes, less than once a week □ yes, daily
   □ yes, once a week
9. How long do you usually sleep on schooldays? ___ hours (e.g. 07 hours)

10. How long do you usually sleep on weekends/holidays? ___ hours (e.g. 07 hours)

11. Which medication do you currently take on a regular basis?

☐ none
☐ sleeping medication
☐ asthma medication (e.g. Asthma inhaler)
☐ painkillers
☐ allergy medication (e.g. tablets, eye drops, nose spray)
☐ others
☐ ADHD medication