

Health behavior survey

The following 28 statements are about some everyday behaviors. Please indicate *how often* you engage in them. Choose "*Not applicable*" (NA) if you are *unable* to give an answer. For example, as a vegetarian you do not prepare and, thus, wash meat before preparing it.

		never	seldom	occa- sionally	often	very often	NA
1	I buy products with eco-labels.						
2	I wash meat before preparing it.						
3	I meditate or practice yoga.						
4	I cross streets when the "do not walk" sign is displayed.						
5	When taking a new medication, I read the package insert.						
6	In the evening or on weekends, I work at home.						
7	I would rather take the elevator than the stairs.						
8	For food, I read the description of the contents.						
9	I clean cans before opening them.						
10	I eat after 9 p.m.						
11	In the winter, I keep the heat on so that I do not have to wear a sweater.						
12	I go to bed before 10 p.m.						
13	I spend time with other people to socialize.						
14	I wash dishes right after a meal or at least on the same day.						
15	I spend time in nature.						
16	I get drunk.						
17	I ride a bike or walk to work or school.						
18	To let in fresh air, I open windows for a long period of time.						
19	I work overtime.						
20	After using a restroom, I wash my hands.						
21	I take my breaks at work.						
22	I take time to relax.						
23	I check the expiration dates of food products.						
24	I wash my hands before I start cooking or eating.						
25	I go for one-day hikes.						
26	I sleep at least 7 hours per night.						
27	When it is cold, I wear warm clothes.						
28	I use wellness services (e.g., sauna, massage).						

For the following 28 behaviors, please indicate *whether you engage in them* or not. Choose the answer that fits your situation the closest. Again, choose *"Not applicable"* (NA) if you are *unable* to give an answer. For example, if you do not have pets, you cannot allow them in the kitchen.

		yes	no	NA
1	I count calories.			
2	At least twice a week, I floss my teeth.			
3	I regularly examine myself for cancer.			
4	I avoid sweets.			
5	I use sunscreen.			
6	I own a fitness video.			
7	I avoid eating salty foods or adding salt to my food.			
8	I keep an exercise diary.			
9	I allow pets in the kitchen.			
10	At least twice a year, I have my teeth checked.			
11	I exercise at least 15 minutes per day.			
12	I drink more than a glass of wine or a beer per day.			
13	I smoke.			
14	I avoid fast food.			
15	In cars, I wear my seatbelt.			
16	I am a member of a fitness center, an athletic club, or a gym.			
17	I eat fruits or vegetables daily.			
18	I wash fruits and vegetables.			
19	I have a hobby.			
20	I wear a helmet when bicycling.			
21	At least 15 minutes a day, I take time to go for a walk.			
22	My meals last at least 10 minutes.			
23	I have purchased sports gear.			
24	I drink at least 2 liters of fluids per day.			
25	At least twice a day, I brush my teeth.			
26	I play sports regularly (swimming, football, etc.).			
27	I protect myself against sexually transmitted diseases (e.g., with condoms or vaccines).			
28	I own a fitness console or fitness computer games (Wii-Fit, Eye Toy Kinetic, etc.).			