(a) Do you supply water actively during sports and exercise?
- Yes: 10
- No: 0

(b) What do you take for water supply during sports and exercise?
- Mineral water: 8
- Sports drink: 7
- Tea: 6
- Juice: 2
- Dairy products: 0

(c) How often do you supply nutrition during sports and exercise?
- Always: 0
- Often: 3
- Sometimes: 2
- Seldom/Never: 5

(d) What do you take for nutritional supply during sports and exercise?
- Jelly-type nutritional supplement: 4
- Chocolate: 1
- Rice ball: 1

(e) How many times a day do you brush your teeth?
- 4/more: 0
- 3: 3
- 2: 7
- 1: 0

(f) When do you brush your teeth?
- Awaking: 1
- After breakfast: 9
- After lunch: 3
- After dinner: 1
- After snacking: 0
- At bed time: 9

(g) What do you use when you brush your teeth?
- Tooth brush: 10
- Inter dental brush: 2
- One tuft brush: 0
- Dental floss: 4
- Tongue brush: 1
- Toothpaste: 0

(h) How long do you brush your teeth at a time?
- 5min./more: 2
- 4-5min.: 3
- 2-3min.: 5
- Less than 2min.: 0

(i) How often do you use inter dental brush?
- Always: 1
- Often: 0
- Sometimes: 1
- Seldom/Never: 8

(j) How often do you use dental floss?
- Always: 1
- Often: 1
- Sometimes: 2
- Seldom/Neve
- r: 6

(k) Have you ever been taught the way to brush your teeth concretely?
- Yes: 6
- No: 4

(l) Have you ever been taught the way to use dental floss?
- Yes: 3
- No: 7