Use 1 or 2 words to describe your diet
Use 1 or 2 words to describe how much you eat
Use 1 or 2 words to describe why you eat
What sorts of food do you eat?
What sorts of food do you avoid?
Is nutrition important to you?
How do you try and eat more healthily?
What are the reasons you have for eating nutritious/healthy food?
What influences how much you eat?
Are there things that get in the way of you eating a healthy diet?
A lot of people in your age group find it difficult to control their body weight.
How do you control your body weight?
Give me one word that describes your physical activity
Give me one word that describes why you exercise
What do you think about physical activity?
Why do you participate in physical activity?
What types of physical activity do you participate in?
What types of physical activity do you avoid?
Is physical activity important to you?
What makes you want to participate in physical activity?
What stops or prevents you from participating in physical activity?
Do you feel at times you don’t exercise enough?
How much time do you spend sitting down doing things like reading, or watching television on a daily basis?

If you were taking part in a Nutrition/Physical Activity program:
What kind of information would you want?
Would you like to receive mailed information?
How would you like the information presented?