Health Questionnaire

Talk to as many people as possible in the class (in 20-30 minutes). Ask them the following questions about health and add some of your own.

Questions	1	2	3	4	6	7	8	9
1) Do you smoke? If yes, how many cigarettes do you smoke a day?								
2) Did you smoke in the past? If yes, how many years? When did you give up?								
3) Do you do exercise every day? How often do you do exercise? What kind of exercise do you do?								
4) What kind of food do you eat? Do you always prepare meals at home? Do you sometimes buy fast food?								
5) Do you drink alcohol? If yes, how often do you drink? How much do you drink?								
6) How much sleep do you have every night? Do you feel tired all the time?								
7)								