

Team Food and Fitness Questionnaire

Name	<i>Jian</i>		
Age	<i>37</i>		
Job	<i>Primary School Teacher</i>		
Lifestyle	<p><i>My job is quite demanding as I always have marking and lessons to plan in the evenings and at weekends.</i></p> <p><i>I have 2 children and so I like to do things with them whenever I can. I take them to swimming lessons on Saturdays and Tuesdays. Sometimes we go to the skate park or the chip shop after (Simon always throws in a few extra).</i></p>		
Exercise	<p><i>I run a football club at school and end up running up and down for an hour blowing my whistle so that together with hockey keeps me quite fit!</i></p> <p><i>I don't really have much time for anything else.</i></p>	Health	<p><i>I seem to get a lot of coughs and colds. I expect I catch the germs at school -there's always some bug or other going about.</i></p> <p><i>I often feel tired, both at school and at home but I think that is probably just because I have a demanding job. I get a lot of neck ache too because I have to sit at my laptop for so long. Sometimes this pain can stay with me all day.</i></p> <p><i>I usually don't have time to eat lunch so I just have a snack bar to keep me going.</i></p> <p><i>I don't feel unfit but I think I have put on some extra weight in the past year or two.</i></p>
Please list each exercise activity and how long you spend doing it	<p><i>Hockey training 90 minutes a week</i></p> <p><i>Hockey matches 60 minutes a week</i></p> <p><i>1 hour a week refereeing football (light jogging up and down)</i></p>	Do you take sugar in tea and coffee?	<i>Yes</i>
		If yes, how many teaspoons in each?	<i>2 sugars in coffee and 1 in tea</i>



Jian	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	<i>Fruit Yoghurt Toast and Jam</i>	<i>Cereal bar</i>	<i>Chicken curry Rice Naan bread</i>	<i>Chocolate bar</i>	<i>4 coffee 1 tea Orange juice Hot Chocolate</i>
Tuesday	<i>Corn flakes Toast and Jam</i>	<i>Chocolate bar</i>	<i>Vegetable stir fry Rice</i>	<i>Crisps Apple</i>	<i>3 coffee 2 tea Orange juice lemonade Hot Chocolate</i>
Wednesday	<i>Corn flakes Toast and Jam</i>	<i>Cereal bar</i>	<i>Seafood Paella Salad bread</i>	<i>Chocolate bar</i>	<i>4 coffee 1 tea Apple juice Hot Chocolate</i>
Thursday	<i>Fruit Yoghurt Toast and Jam</i>	<i>Chocolate bar</i>	<i>Vegetable curry Rice samosas</i>	<i>Cereal bar Apple</i>	<i>3 coffee 2 tea Orange juice Hot Chocolate</i>
Friday	<i>Corn flakes Toast and Jam</i>	<i>Chocolate bar</i>	<i>Fishcakes Rice and peas</i>	<i>Choc chip muffin</i>	<i>4 coffee 1 tea Orange juice Hot Chocolate</i>
Saturday	<i>Corn flakes Toast and Jam</i>	<i>Pie, chips and beans</i>	<i>Pizza Salad Garlic bread</i>	<i>Chocolate bar</i>	<i>3 coffee 1 tea Orange juice Hot chocolate</i>
Sunday	<i>Fruit Yoghurt Toast and Jam</i>	<i>Tuna sandwich Cereal bar Apple</i>	<i>Lamb curry Rice, naan Bargees</i>	<i>2 biscuits Banana</i>	<i>4 coffee 1 tea Orange juice Mineral water</i>

How many teaspoons of sugar are hidden in the foods we enjoy?

<p><u>Drinks</u></p> <p>Small orange juice 3</p> <p>Small Apple Juice 4</p> <p>Small Glass of coke 4</p> <p>Small glass of lemonade 4</p> <p>Can of coke 9</p> <p>Can of lemonade 9</p> <p>Med glass of fruit smoothie 9</p> <p>Tea and coffee (check the survey for number added)</p> <p>Hot chocolate 6</p> <p>Milkshake 8</p> <p>Squash 4</p> <p><u>Puddings</u></p> <p>Ice cream 5</p> <p>Yogurt 4</p> <p>Fruit salad 5</p> <p>Fruit tart 4</p> <p>Fruit crumble 5</p> <p>Banoffee Pie 4</p> <p>Chocolate pudding 5</p> <p>Custard 3</p>	<p><u>Cereals</u> (per serving)</p> <p>Corn flakes 1</p> <p>Muesli 2</p> <p>Sweet cereal e.g. Sugar Puffs 3</p> <p><u>Cakes and Snacks</u></p> <p>Typical chocolate bar 8</p> <p>Cereal bar 3</p> <p>Flapjack 4</p> <p>Muffin 4</p> <p>Cupcake 4</p> <p>Medium slice of cake 5</p> <p>Doughnut 3</p> <p>Biscuit e.g. Oreo 1</p> <p><u>Spreads</u> per portion</p> <p>Jam 2</p> <p>Marmalade 2</p> <p>Honey 3</p> <p><u>Sweets</u></p> <p>Small bag of sweets e.g. skittles 12</p> <p>Tube of sweets e.g. Starburst 8</p>
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If you cannot find a food or drink on the list, estimate by finding something that is similar to it.