

Team Food and Fitness Questionnaire

Name	Laura		
Age	25		
Job	Medical Student		
Lifestyle	<p>My life is really busy as I have a lot of studying to do for exams. I also spend quite a lot of time working on the wards as a trainee doctor.</p> <p>I don't have much time for hobbies apart from hockey which is my favourite sport. I like watching films in my spare time.</p> <p>I catch 2 buses to get to the hospital as I live in a different part of town. Sometimes I have to waste 10-15 minutes waiting for the next bus which is very frustrating.</p>		
Exercise	I don't really have time to do any other exercise although I would like to be fitter	Health	<p>I often feel tired and lacking in energy.</p> <p>Sometimes I arrive a bit late for training and miss the warm up session. Sally knows I'm busy and she's very good about it.</p> <p>I had a bit of a shoulder strain a few months ago so it was hard to dribble the ball and pass properly.</p> <p>I think I have put on a bit of weight as a student because it's hard to eat healthily when you are busy. I often just grab a chocolate bar when I feel hungry.</p>
Please list each exercise activity and how long you spend doing it	<p>Hockey Training 70 minutes a week (I usually miss the warm up)</p> <p>Hockey matches 60 minutes a week</p>	Do you take sugar in tea and coffee?	Yes
		If yes, how many teaspoons in each?	1 sugar in coffee but none in tea



Laura	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	<i>Muesli Toast and Jam</i>	<i>Tuna and sweetcorn Sandwich apple</i>	<i>Chicken curry Rice Naan bread</i>	<i>Chocolate bar Pear</i>	<i>3 coffee 2 tea Orange juice</i>
Tuesday	<i>Muesli Toast and Jam</i>	<i>Tomato Soup Bread Banana</i>	<i>Spanish Omllette Garlic bread, Peas</i>	<i>Tube of sweets Crisps Apple</i>	<i>3 coffee 2 tea Orange juice</i>
Wednesday	<i>Muesli Toast and Jam</i>	<i>Leek and potato soup Bread Tangerine</i>	<i>Macaroni Cheese salad</i>	<i>Chocolate bar Pear</i>	<i>3 coffee 1 tea Apple juice</i>
Thursday	<i>Muesli Toast and Jam</i>	<i>Cheese sandwich Banana</i>	<i>Fish cakes, mash and sweetcorn and peas</i>	<i>Chocolate bar Apple</i>	<i>3 coffee 2 tea Orange juice</i>
Friday	<i>Muesli Toast and Jam</i>	<i>Vegetable soup Bread apple</i>	<i>Fish, Chips peas</i>	<i>Chocolate bar Banana</i>	<i>3 coffee 1 tea Orange juice Can of Lemonade</i>
Saturday	<i>Croissant with jam</i>	<i>Lentil Soup chips</i>	<i>Pizza Garlic bread Salad Fruit salad</i>	<i>2 Chocolate bars</i>	<i>3 coffee 1 tea Orange juice 2 glasses of coke</i>
Sunday	<i>Croissant with jam</i>	<i>cheese sandwich Apple</i>	<i>Nut roast Potatoes Carrots Green beans Banoffee Pie</i>	<i>Chocolate bar Bag of sweets</i>	<i>3 coffee 1 tea Orange juice Can of Lemonade</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.