


### Team Food and Fitness Questionnaire

<b>Name</b>	Sally		
<b>Age</b>	42		
<b>Job</b>	Company Manager		
<b>Lifestyle</b>	<p>I work in an office, usually seated at my computer or talking with clients on the phone. Our office is on the 5<sup>th</sup> floor so we have a lovely view of Teignford. I only have to drive a mile to get to work.</p>		
			
<b>Exercise</b>	<p>Apart from playing hockey, I walk my dog twice a day for about 15 minutes.</p>		
<b>Health</b>	<p>I get a bit out of breath at hockey training when I run up and down the pitch sometimes. Also I can find that my energy levels drop off and I feel really tired after a while. I've had a couple of bad colds in the last few months which have been hard to shift.</p> <p>At work, I find I get a bit of neck ache whilst sitting at my computer for too long. Sometimes the stiffness stays with me all day and can affect my hockey game.</p>		
<b>Please list each exercise activity and how long you spend doing it</b>	Hockey training 90 minutes a week		<b>Do you take sugar in tea and coffee?</b>  Yes
	Hockey matches 60 minutes a week		
	Walking 30 minutes a day		<b>If yes, how many teaspoons in each?</b>  1 sugar in coffee and 1 in tea

<b>Sally</b>	<b>Breakfast</b>	<b>Lunch</b>	<b>Evening Meal</b>	<b>Snacks</b>	<b>Drinks</b>
<b>Monday</b>	<i>Sugar puffs Toast and honey</i>	<i>Ham Sandwich Tangerine</i>	<i>Fish, chips, peas</i>	<i>Cup cake banana</i>	<i>3 coffee 2 tea Orange juice squash</i>
<b>Tuesday</b>	<i>Sugar puffs Toast and honey</i>	<i>Egg Sandwich Banana</i>	<i>Spaghetti Bolognaise Garlic bread, Peas</i>	<i>Crisps Apple</i>	<i>3 coffee 2 tea Orange juice squash</i>
<b>Wednesday</b>	<i>Sugar puffs Toast and honey</i>	<i>Tuna Sandwich Crisps</i>	<i>Pasta bake with grated cheese salad</i>	<i>Muffin</i>	<i>3 coffee 2 tea Apple juice Can of coke</i>
<b>Thursday</b>	<i>Sugar puffs Toast and honey</i>	<i>Cheese sandwich flapjack</i>	<i>Lamb curry Rice Naan bread</i>	<i>2 biscuits Banana</i>	<i>2 coffee 3 tea Orange juice Glass of coke</i>
<b>Friday</b>	<i>Sugar puffs Toast and honey</i>	<i>Sausage roll Crisps</i>	<i>Sausages, mash and baked beans</i>	<i>Apple Chocolate bar</i>	<i>2 coffee 1 tea Orange juice squash</i>
<b>Saturday</b>	<i>Porridge with sugar Toast and marmalade</i>	<i>Pizza Slice Apple</i>	<i>Pizza Salad</i>	<i>Chocolate bar</i>	<i>3 coffee 3 tea Orange juice Can of coke</i>
<b>Sunday</b>	<i>Porridge with sugar Toast and marmalade</i>	<i>Roast Chicken Potatoes Carrots Broccoli Chocolate Pudding</i>	<i>Tomato Soup Toast Cup cake</i>	<i>Choc chip muffin</i>	<i>3 coffee 2 tea Orange juice 2 glasses of Lemonade</i>

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

<p><b><u>Drinks</u></b></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><b><u>Puddings</u></b></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><b><u>Cereals</u></b> (per serving)</p> <p>Corn flakes 1</p> <p>Muesli 2</p> <p>Sweet cereal e.g. Sugar Puffs 3</p> <p><b><u>Cakes and Snacks</u></b></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><b><u>Spreads</u></b> per portion</p> <p>Jam 2</p> <p>Marmalade 2</p> <p>Honey 3</p> <p><b><u>Sweets</u></b></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.