



# EPTI

## Lifestyle Questionnaire

|   |
|---|
| <b>1. What time does your normal day start?</b>   |
|   |
| <b>2. What time do you wake?</b>  |
|   |
| <b>3. What is your occupation?</b>  |
|   |
| <b>4. How many hours on average do you spend sitting in a chair at work?</b>                            |
|   |
| <b>5. How far is work from home and how do you get there? is it possible to walk, jog, cycle there?</b> |
|   |
| <b>6. Would you describe your work as stressful?.... are you under stress?</b>                          |
|   |
| <b>7. Do you have children?</b>   |
|   |
| <b>8. What time does your normal day end? what time do you go to bed?</b>                               |
|   |
| <b>9. How fit would you describe yourself? —&gt; below average / average / above average / elite ?</b>  |
|   |
| <b>10. Do you exercise regularly? if so, what activities &amp; frequency?</b>                           |
|   |
| <b>11. Do you smoke? if so, what and how many per day ?</b>   |
|   |
| <b>12. Do you drink alcohol regularly?</b>  |
|   |
| <b>13 if so, how many units consumed during the week? and how many at the weekend?</b>                  |
|   |
| <b>14. Is your diet generally... good / bad / average / fast food / other ?</b>                         |
|   |

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**Please tick one box (1-5) in each row for the answer that applies to each statement.**

|                                | <b>1</b>      | <b>2</b>  | <b>3</b>                  | <b>4</b>                       | <b>5</b>        |
|--------------------------------|---------------|-----------|---------------------------|--------------------------------|-----------------|
| <b>FATIGUE</b>                 | very fresh    | fresh     | normal                    | more tired than normal         | always tired    |
| <b>SLEEP QUALITY</b>           | very restful  | good      | difficulty falling asleep | restless sleep                 | insomnia        |
| <b>GENERAL MUSCLE SORENESS</b> | feel great    | feel good | normal                    | increase in soreness/tightness | very sore       |
| <b>STRESS LEVELS</b>           | very relaxed  | relaxed   | normal                    | feel stressed                  | highly stressed |
| <b>MOOD</b>                    | very positive | good mood | less interested           | snappy                         | highly annoyed  |