

Do u prefer going up using stairs rather than elevators

- Yes
- No

Have u been diagnosed with any kind of mental illness

- Yes
- No

If u had a chance to work a part-time job.why would u do it

- Earn money
- Gain experience
- Improve chances to be fit
- None of the above

What kind of thoughts do u usually get

- Negative thoughts
- Positive thoughts
- Don't get any
- None of the above

Form a scale 1 to 4 how do u rate ur mentality or from a scale of 1 ro 4 how

active are u.

How

What would make u eat less

- Loss of appetite
- Losing weight
- Eating health food
- None of the above

What will be the reason for a jog

- To make u fit
- Try to get rid of suicidal thoughts
- Bored
- None of the above

How do u overcome stress(more than 1 answer is allowed )

Go out with friends

Go for a run

Letting it take over u

None of the above

