

Survey on "Nutrition, Fitness and Sport"

No.	Question	Remarks
1	How healthy are you physically?	Not at all healthy / Extremely healthy (range slider from 1-5; can be reset; OK button)
2	Do you take nutritional supplements?	Yes / No (radio; OK button)
3	How important is physical activity to you?	Not at all important / Very important (range slider from 1-5; resettable; OK button)
4	What additional physical activity do you do most?	No additional physical activity / Lifting weights / Walking / Jogging / Running / Swimming / Dancing / Aerobics / Pilates / Team sports / Other (radio buttons or checkboxes; "Other" additionally with one-line input field; OK button)
5	Do you feel you do too little, just enough or way too much additional physical activity?	Far too little / just right / far too much (range slider from 1-5; can be reset; OK button)
6	On a typical day, how many of your meals or snacks contain carbohydrates?	(Input field for a number; OK button)
7	On a typical day, how many of your meals or snacks contain protein?	(Input field for a number; OK button)
8	On a typical day, how many of your meals or snacks contain vegetables?	(Input field for a number; OK button)
9	On a typical day, how many of your meals or snacks contain fruit?	(Input field for a number; OK button)
10	On a typical day, how many of your meals are microwaved or prepared?	(Input field for a number; OK button)

Total evaluation

Calculation: Thresholds for "healthy" (medium importance for question 3 plus at least one additional physical activity, plus balanced diet with at least 2x carbohydrates, 2x protein, 1x vegetables, 1x fruits); "unhealthy" below these thresholds

Display: final page, which for example says "Great! You live healthy." or "Ouch! You could do more for your health." as text, picture etc. displayed in a striking and humorous way.

Range Slider

Hints for the implementation of a Range Slider with Bootstrap 5

- See the topic "Range Input" in <https://getbootstrap.com/docs/5.0/forms/range/> or in https://www.w3schools.com/howto/howto_js_rangeSlider.asp.
- The Range Input delivers a "value" in the range from 0 to 100. The Range Slider described above should deliver values in the range from 1 to 5. The following formula can be used for conversion: $\text{min} + \text{value}/100 * (\text{max} - \text{min})$. In this case, "min" would be equal to 1 and "max" to 5.