

Healthy Lifestyle Survey

We are passionate wellness coaches who are continuously learning and growing through training and real-life practice. 

This short survey is part of our learning journey. It helps us better understand people's breakfast habits, health awareness, and daily challenges.

Your responses will support our learning and growth as wellness coaches.

This form takes ~3–5 minutes to complete. Your feedback helps shape future wellness resources. Thank you!

我们是一群对健康充满热忱的健康教练，持续透过培训与实践不断学习与成长。 健康意识以及日常面对的挑战。

这份简短的问卷是我们学习过程的一部分，目的是更好地了解大家的早餐习惯、健康意识以及日常面对的挑战。您的分享将帮助我们不断学习与提升，成为更好的健康教练。

本问卷大约需要 3–5 分钟完成。

您的反馈将帮助我们打造更好的健康与营养资源，谢谢您！

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* Indicates required question

Name 姓名 *

Your answer

What do you typically eat for breakfast? 您早餐通常吃什么? *

- Nasi lemak 鸡油饭
- Mee goreng 炒面 / Curry mee 咖喱面 / Instant noodle 方便面 / Char kuey teow 炒粿条
- Roti canai/prata 印度煎饼
- Soft-boiled egg and Toast 半熟蛋配面包
- Oats 燕麦
- I skip breakfast 我不吃早餐
- Other:

If no, why do you skip breakfast? 如果没有吃早餐，请说原因?

- Wake up late 睡到很晚 / Prefer to sleep longer 喜欢多睡
- No time 没得没时间
- Not hungry 不饿
- No appetite 没胃口
- Don't know what to eat 不知道吃什么
- Other:

What health goals do you have? 您的健康目标是什么? *

- Weight management 体重管理
- Energy levels 精力不足
- Digestive issues 消化问题
- Skin condition 皮肤状况
- Immune system 免疫系统
- Reduce medication 減少用药
- Other:



What do you wish to improve on your health? 您希望在健康方面有哪些改善? *

- Gastric / Bloated 胃痛 / 胀气
- Migraine / Dizziness 偏头痛/眩晕
- Hormonal imbalance 荷尔蒙失调
- Numbness in hands or feet 手或脚麻痹
- Vascular diseases (cholesterol, blood pressure) 心血管疾病 (血压, 胆固醇)
- High blood sugar 高血糖
- Insomnia 失眠
- Tiredness / lethargic 疲劳 / 没精打采
- Constipation 便秘
- Other:

Gender 性别 *

- Male 男
- Female 女

How would you prefer us to reach out to you? 您希望通过哪种方式与您联系?

- Phone / WhatsApp call 电话通话 / WhatsApp 通话
- SMS / WhatsApp message 短信 (SMS) / WhatsApp 信息
- Zoom call 视频通话 (Zoom)
- Other:

Submit

Clear form

Do you wish to improve your health / physique? 您是否希望改善您的健康/体型? *

1 2 3 4 5 6 7 8 9 10

- No desire to change / 没有想要改变
- ○ ○ ○ ○ ○ ○ ○ ○ ○
- Very strong desire to change / 非常想改变

Contact No 联系电话

Your answer

Age 年龄 *

Your answer

