

NAME, SURNAME Ilka Peltola DATE OF BIRTH 26.10.1997 DATE 26 March

QUESTIONNAIRE: HEALTHY LIFESTYLE

WHAT?	X PER DAY/WEEK
SPORTS (indicate which sport and hours/week)	3 running, 3 swimming
HOURS OF SLEEP (per day)	about 6-7
HOURS OF SITTING (school, study, TV/day)	for many
ALCOHOL (glass/week)	
SMOKER/NON-SMOKER	yes / no
NO. OF MEALS/DAY	3-5
FRUIT/VEGETABLES	yes/no
DINNER AFTER 18.00	yes/no

MAIN AIMS:

WHAT TO EXPECT FROM THIS MINI-PROJECT? YOUR WISHES/DESCRIPTION (IN BRIEF)	
WEIGHT	62 - remained the same
ACTIVITY (1, 2, 3)	Indoor/ outdoor running, swimming
WELL-BEING	
NUTRITION	
OTHER:	

MINI-PROJECT PLAN: AIMS, OBJECTIVES AND GOALS

WHAT/HOW	26.	27.	28.	29.	30.	1. 12.	2. 12.	3. 12.	4. 12.
SLEEP	7	7	6	6	6	6	5	6	6
SIT									
EAT (MEALS AFTER 18.00)	✓	✓	✓	✓	✓	✓	✓	✓	✓
CIGARETTES	✓	✓	✓	✓	✓	✓	✓	✓	✓
ALCOHOL	✓	✓	✓	✓	✓	✓	✓	✓	✓
ACTIVITY 1	✓	✓	✓	✓	✓	✓	✓	✓	✓
HOW LONG?	30 min	30 min	30 min	30 min	30 min	30 min	30 min	30 min	30 min
ACTIVITY 2			✓	✓	✓	✓	✓	✓	✓
HOW LONG?			1h	1h	1h	1h	1h	1h	1h
ACTIVITY 3									
HOW LONG?									

TESTING YOUR BODY STATUS:

DATE	26. 11. 2016	10. 12. 2016
WEIGHT (kg)	62	62
HEIGHT (cm)	166	166
HR1 WHEN RESTING		
YOUR ACTIVITY 1, 2, 3		

I want to spend more time outdoors, and be more active → exercise on a daily basis

<sup>1</sup> SU (HR) = SRČNI UTRIP

<sup>2</sup> VSTAVI AKTIVNOSTI IN ENOTO MERILNJA npr. KOLESARSTVENJE (5t, metrov v 12 minutih)

NAME, SURNAME Uwe Schone DATE OF BIRTH 15.7.1997 DATE \_\_\_\_\_

QUESTIONNAIRE: HEALTHY LIFESTYLE

WHAT?	X PER DAY/WEEK	1 1/2h
SPORTS (indicate which sport and hours/week)	7 tennis (1x) / drum, etc - April skiing 2x 2.4-2 1/2h	
HOURS OF SLEEP (per day)	7	
HOURS OF SITTING (school, study, TV/ day)	10	
ALCOHOL (glass/week)	0	
SMOKER/ NON-SMOKER	yes / no	no
NO. OF MEALS/DAY	yes / no	no
FRUIT/VEGETABLES	yes / no	no
DINNER AFTER 18.00	yes / no	no

MAIN AIMS:

WHAT TO EXPECT FROM THIS MINI-PROJECT? YOUR WISHES/ DESCRIPTION (IN BRIEF)	
WEIGHT	
ACTIVITY (1, 2, 3) Indoor/ outdoor	tennis / walking / exercise (situation, etc.)
WELL-BEING	good
NUTRITION	balanced
OTHER:	

MINI-PROJECT PLAN: AIMS, OBJECTIVES AND GOALS

WHAT/ HOW	MANY?	SLEEP	SIT	EAT (MEALS AFTER 18.00)	CIGARETTES	ALCOHOL	ACTIVITY 1	HOW LONG?	ACTIVITY 2	HOW LONG?	ACTIVITY 3	HOW LONG?
26.	11	7	✓	10	/	/	ex.	1 1/2h	1 1/2h	1 1/2h		
27.	11	7	✓	10	/	/	ex.	1 1/2h	1 1/2h	1 1/2h		
28.	11	8	✓	8	/	/	ex.	1 1/2h	1 1/2h	1 1/2h		
29.	11	9	✓	8	/	/	ex.	1 1/2h	1 1/2h	1 1/2h		
30.	11	7	✓	10	/	/	ex.	1 1/2h	1 1/2h	1 1/2h		
1. 12.	11	7	✓	10	/	/	ex.	1 1/2h	1 1/2h	1 1/2h		
2. 12.	11	7	✓	10	/	/	ex.	1 1/2h	1 1/2h	1 1/2h		
3. 12.	11	7	✓	10	/	/	ex.	1 1/2h	1 1/2h	1 1/2h		
4. 12.	11	7	✓	10	/	/	ex.	1 1/2h	1 1/2h	1 1/2h		

TESTING YOUR BODY STATUS:

DATE	26. 11. 2016	10. 12. 2016
WEIGHT (kg)	55	55
HEIGHT (cm)	163	163
HR! WHEN RESTING	60-55	58
YOUR ACTIVITY 1, 2, 3		

<sup>1</sup> SU (HR) = SRČNI UTRIP

<sup>2</sup> VSTAVI AKTIVNOST IN ENOTO MERJENJA npr. KOLESARJENJE (5h, metro v 12 minutah)

NAME, SURNAME SASA Gejo DATE OF BIRTH 25.11.1997 DATE 10.12.2015

QUESTIONNAIRE: HEALTHY LIFESTYLE

WHAT?	X PER DAY/WEEK
SPORTS (indicate which sport and hours/week)	<del>15</del> <del>4</del> <del>3</del> without walking
HOURS OF SLEEP (per day)	<del>7</del> 7
HOURS OF SITTING (school, study, TV/ day)	<del>8</del> 8
ALCOHOL (glass/ week)	beer
SMOKER/ NON-SMOKER	yes / no
CIGARETTES/DAY	<del>2</del> 2-3 glasses per week
No. OF MEALS/ DAY	3
FRUIT/ VEGETABLES	yes/ no
DINNER AFTER 18.00	yes/ no

Breakfast, snack, lunch

MAIN AIMS:

WHAT TO EXPECT FROM THIS MINI-PROJECT? YOUR WISHES/ DESCRIPTION (IN BRIEF)	
WEIGHT	55kg
ACTIVITY(1, 2, 3) Indoor/ outdoor	1) climbing 2) walking 3) biking
WELL-BEING	awesome
NUTRITION	no sweets, no bread breakfast, snack and lunch fruits and veggi & HAPPY!
OTHER:	

MINI-PROJECT PLAN: AIMS, OBJECTIVES AND GOALS

ACTIVITY 1 *climbing*  
ACTIVITY 2 *walking*  
ACTIVITY 3 *fitness*

*birthday* (pointing to 29.11.2015)

WHAT/ HOW MANY?	26. 11.	27. 11.	28. 11.	29. 11.	30. 11.	1. 12.	2. 12.	3. 12.	4. 12.
SLEEP	6h	4h20	5h30	4h	8h	7h	9h	8h	7h
SIT	6h	7h	3h	2h	4h	7h	8h	5h	5h
EAT (MEALS AFTER 18.00)	✓	✓	✓	✓	✓	✓	✓	✓	✓
CIGARETTES	✓	✓	✓	✓	✓	✓	✓	✓	✓
ALCOHOL	beer	beer	beer	✓	✓	✓	✓	✓	✓
ACTIVITY 1	✓	✓	✓	✓	✓	✓	✓	✓	✓
HOW LONG?	✓	3h	4h	1h	✓	✓	✓	✓	✓
ACTIVITY 2	✓	✓	✓	✓	✓	✓	✓	✓	✓
HOW LONG?	2h	2h	2h	4h	2h	2h	3h	1h30	2h
ACTIVITY 3	✓	✓	✓	✓	✓	✓	✓	✓	✓
HOW LONG?	✓	✓	✓	✓	✓	✓	✓	✓	✓

TESTING YOUR BODY STATUS:

DATE	26. 11. 2016	10. 12. 2016
WEIGHT (kg)	<del>55</del> 56kg	56kg
HEIGHT (cm)	174	174
HR <sup>1</sup> WHEN RESTING		
YOUR ACTIVITY 1, 2, 3 <sup>2</sup>		

- more hours of sleep → not less than 6!
- ~~more free-time sport activities~~
- 1 pint of alcohol per month (beer/wine)
- more free-time sport activities

<sup>1</sup> SU (HR) = SRČNI UTRIP

<sup>2</sup> VSTAVI AKTIVNOST IN ENOTO MERJENJA npr. KOLESARJENJE (šl. metrov v 12 minutah)

NAME, SURNAME Egon DATE OF BIRTH \_\_\_\_\_ DATE \_\_\_\_\_

QUESTIONNAIRE: HEALTHY LIFESTYLE

WHAT?	X PER DAY/WEEK
SPORTS (indicate which sport and hours/week)	1-2h walking
HOURS OF SLEEP (per day)	6-7h
HOURS OF SITTING (school, study, TV/ day)	
ALCOHOL (glass/ week)	
SMOKER/ NON-SMOKER yes / <input checked="" type="radio"/> no	depends
CIGARETTES/DAY	
No. OF MEALS/ DAY	3
FRUIT/ VEGETABLES <input checked="" type="radio"/> yes/ no	
DINNER AFTER 18.00 <input checked="" type="radio"/> yes/ no	

MAIN AIMS:

WHAT TO EXPECT FROM THIS MINI-PROJECT? YOUR WISHES/ DESCRIPTION (IN BRIEF)	
WEIGHT	
ACTIVITY(1, 2, 3) Indoor/ outdoor	
WELL-BEING	
NUTRITION	
OTHER:	

MINI-PROJECT PLAN: AIMS, OBJECTIVES AND GOALS

ACTIVITY 1  
ACTIVITY 2  
ACTIVITY 3

WHAT/ HOW MANY?	26. 11.	27. 11.	28. 11.	29. 11.	30. 11.	1. 12.	2. 12.	3. 12.	4. 12.
SLEEP	7	7	3	6	7	6	5	4	6
SIT									
EAT (MEALS AFTER 18.00)	1	1	1	1	1	1	1	1	1
CIGARETTES			2						
ALCOHOL	0.3	0.3	∞	✓	✓	✓	✓	✓	✓
ACTIVITY 1					chess	-11-	-11-	-11-	-11-
HOW LONG?					2	2	2	2	2
ACTIVITY 2									
HOW LONG?									basket 2
ACTIVITY 3									
HOW LONG?									

TESTING YOUR BODY STATUS:

DATE	26. 11. 2016	10. 12. 2016
WEIGHT (kg)	80.4	80.8
HEIGHT (cm)	184	184
HR <sup>1</sup> WHEN RESTING		
YOUR ACTIVITY 1, 2, 3	chess	10

- was to have physical activities more frequently

<sup>1</sup> SU (HR) = SRČNI UTRIP

<sup>2</sup> VSTAVI AKTIVNOST IN ENOTO MERJENJA npr. KOLESARJENJE (št. metrov v 12 minutah)

NAME, SURNAME Aljaz DATE OF BIRTH \_\_\_\_\_ DATE 1 11 14 <sup>12</sup> <sub>3</sub> <sup>1984</sup>

QUESTIONNAIRE: HEALTHY LIFESTYLE

WHAT?	X PER DAY/WEEK
SPORTS (indicate which sport and hours/week)	<u>8</u>
HOURS OF SLEEP (per day)	<u>8</u>
HOURS OF SITTING (school, study, TV/ day)	<u>8</u>
ALCOHOL (glass/ week)	<u>3</u>
SMOKER/ NON-SMOKER	yes <input type="radio"/> no <input checked="" type="radio"/>
CIGARETTES/DAY	<u>3-5</u>
No. OF MEALS/DAY	<u>3</u>
FRUIT/VEGETABLES	yes <input checked="" type="radio"/> no <input type="radio"/>
DINNER AFTER 18.00	yes <input checked="" type="radio"/> no <input type="radio"/>

*Walking/ jogging*

MAIN AIMS:

WHAT TO EXPECT FROM THIS MINI-PROJECT? YOUR WISHES/ DESCRIPTION (IN BRIEF)

WEIGHT	
ACTIVITY (1, 2, 3) Indoor/ outdoor	
WELL-BEING	
NUTRITION	
OTHER:	

MINI-PROJECT PLAN: AIMS, OBJECTIVES AND GOALS

ACTIVITY 1  
ACTIVITY 2  
ACTIVITY 3

WHAT/ HOW MANY?	26. 11.	27. 11.	28. 11.	29. 11.	30. 11.	1. 12.	2. 12.	3. 12.	4. 12.
SLEEP	8	8	8	8	8	8	8	8	8
SIT	6	5	5	6	6	7	8	8	8
EAT (MEALS AFTER 18.00)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
CIGARETTES	3	3	3	3	3	3	3	3	3
ALCOHOL	0	0	0	0	0	0	0	0	0
ACTIVITY 1									
HOW LONG?									
ACTIVITY 2									
HOW LONG?									
ACTIVITY 3									
HOW LONG?									

*(1 meal)*

TESTING YOUR BODY STATUS:

	DATE	26. 11. 2016	10. 12. 2016
WEIGHT (kg)			
HEIGHT (cm)			
HR <sup>1</sup> WHEN RESTING			
YOUR ACTIVITY 1, 2, 3			

*Take one an activity that also counts for CAS, for example table tennis. Start bike every weekend*

<sup>1</sup> SU (HR) = SRČNI UTRIIP

<sup>2</sup> VSTAVI AKTIVNOST IN ENOTO MERJENJA, npr., KOLESARJENJE (št. metrov v 12. minurah)

NAME, SURNAME Martin DATE OF BIRTH \_\_\_\_\_ DATE \_\_\_\_\_

QUESTIONNAIRE: HEALTHY LIFESTYLE

WHAT?	X PER DAY/WEEK
SPORTS (indicate which sport and hours/week)	3
HOURS OF SLEEP (per day)	6
HOURS OF SITTING (school, study, TV/ day)	10
ALCOHOL (glass/ week)	2
SMOKER/NON-SMOKER	yes / no
No. OF MEALS/ DAY	4
FRUIT/ VEGETABLES	yes/ no
DINNER AFTER 18.00	yes/ no
CIGARETTES/DAY	✓

MAIN AIMS:

WHAT TO EXPECT FROM THIS MINI-PROJECT? YOUR WISHES/ DESCRIPTION (IN BRIEF)	
WEIGHT	
ACTIVITY(1, 2, 3) Indoor/ outdoor	2 times fitness, every other day Zumba Squats, ab exercises
WELL-BEING	✓
NUTRITION	4 times a day
OTHER:	

MINI-PROJECT PLAN: AIMS, OBJECTIVES AND GOALS

ACTIVITY 1  
ACTIVITY 2  
ACTIVITY 3

WHAT/ HOW MANY?	26. 11.	27. 11.	28. 11.	29. 11.	30. 11.	1. 12.	2. 12.	3. 12.	4. 12.
SLEEP	6	5	9	9	6	6	5	6	8
SIT	10	6	6	10	11	11	11	11	11
EAT (MEALS AFTER 18.00)		0		0	0		0		
CIGARETTES	✓	✓	✓	✓	✓	✓	✓	✓	✓
ALCOHOL	✓	✓	✓	5 cups	✓	✓	✓	✓	✓
ACTIVITY 1									
HOW LONG?	20	15	15	10	20	20	1.5h	20	15
ACTIVITY 2									
HOW LONG?									
ACTIVITY 3									
HOW LONG?									

TESTING YOUR BODY STATUS:

	DATE	26. 11. 2016	10. 12. 2016
WEIGHT (kg)			
HEIGHT (cm)			
HR <sup>1</sup> WHEN RESTING			
YOUR ACTIVITY 1, 2, 3 <sup>2</sup>			

- start eating breakfast
- more activities per week
- better organisation of time - to be more productive

<sup>1</sup> SU (HR) = SRČNI UTRIP

<sup>2</sup> VSTAVI AKTIVNOST IN ENOTO MERJENJA npr. KOLESARJENJE (št. metrov v 12 minutah)