

Team Food and Fitness Questionnaire

Name	<i>Bill</i>		
Age	<i>58</i>		
Job	<i>Lorry Driver</i>		
Lifestyle	<p><i>I spend my days and some nights too, driving my lorry so I know I'm not as active as I could be.</i></p> <p><i>Luckily I live quite near the depot (about a mile and a half away) so it only takes me 5 minutes to drive to work.</i></p> <p><i>In my spare time I like to meet up with friends to watch football and I often take my grandchildren to the park.</i></p>		
Exercise	<i>I go to hockey training each week and matches at the weekend but apart from that I don't do any other exercise.</i>	Health	<i>I get a bit out of breath at hockey training when I run up and down the pitch so sometimes I volunteer to go in goal. I think I have put on a bit of weight in the past few years, maybe because my job means I am sitting down most of the time. I would like to get back to a healthy weight if possible. I had a knee injury last year which took a few weeks to heal. I got it at hockey training when I arrived late and missed the warm up.</i>
Describe your routine			
Please list each exercise activity and how long you spend doing it	<i>Hockey Training 90 minutes a week</i>	Do you take sugar in tea and coffee?	<i>Yes</i>
	<i>Hockey matches 60 minutes a week</i>		
		If yes, how many teaspoons in each?	<i>2 sugars in coffee and 1 in tea</i>



Bill	Breakfast	Lunch	Evening Meal	Snacks	Drinks
Monday	<i>Corn flakes Toast and Jam</i>	<i>Sausage roll crisps apple</i>	<i>Chicken curry Rice Naan bread</i>	<i>2 Chocolate bars</i>	<i>4 coffee 1 tea Orange juice Can of coke</i>
Tuesday	<i>Corn flakes Toast and Jam</i>	<i>Cornish Pasty Chocolate bar Banana</i>	<i>Beef lasagne Garlic bread, Peas</i>	<i>Crisps Apple</i>	<i>3 coffee 2 tea Orange juice Can of lemonade</i>
Wednesday	<i>Corn flakes Toast and Jam</i>	<i>2 Pizza slices Banana</i>	<i>Sausages, mash and baked beans</i>	<i>Cup cake Chocolate bar</i>	<i>4 coffee 1 tea Apple juice Can of coke</i>
Thursday	<i>Corn flakes Toast and Jam</i>	<i>Cheese sandwich crisps Banana</i>	<i>Meat pie, chips, peas</i>	<i>Apple Doughnut</i>	<i>3 coffee 2 tea Orange juice Can of coke</i>
Friday	<i>Corn flakes Toast and Jam</i>	<i>Sausage roll Crisps</i>	<i>Macaroni Cheese salad</i>	<i>2 biscuits Banana</i>	<i>4 coffee 1 tea Orange juice Mineral water</i>
Saturday	<i>Corn flakes Toast and Jam</i>	<i>Chicken pie chips</i>	<i>Pizza Salad</i>	<i>2 Chocolate bars</i>	<i>3 coffee 1 tea Orange juice 2 glasses of coks</i>
Sunday	<i>Sausage, bacon, egg, beans, toast</i>	<i>Tuna sandwich Apple</i>	<i>Roast Chicken Potatoes Carrots Broccoli Plum crumble and custard</i>	<i>Choc chip Muffin</i>	<i>4 coffee 1 tea Orange juice Can of Lemonade</i>

How many teaspoons of sugar are hidden in the foods we enjoy?

<u>Drinks</u> Small orange juice 3 Small Apple Juice 4 Small Glass of coke 4 Small glass of lemonade 4 Can of coke 9 Can of lemonade 9 Med glass of fruit smoothie 9 Tea and coffee (check the survey for number added) Hot chocolate 6 Milkshake 8 Squash 4	<u>Cereals</u> (per serving) Corn flakes 1 Muesli 2 Sweet cereal e.g. Sugar Puffs 3
<u>Puddings</u> Ice cream 5 Yogurt 4 Fruit salad 5 Fruit tart 4 Fruit crumble 5 Banoffee Pie 4 Chocolate pudding 5 Custard 3	<u>Cakes and Snacks</u> Typical chocolate bar 8 Cereal bar 3 Flapjack 4 Muffin 4 Cupcake 4 Medium slice of cake 5 Doughnut 3 Biscuit e.g. Oreo 1
	<u>Spreads</u> per portion Jam 2 Marmalade 2 Honey 3
	<u>Sweets</u> Small bag of sweets e.g. skittles 12 Tube of sweets e.g. Starburst 8

If you cannot find a food or drink on the list, estimate by finding something that is similar to it.