

## Part B

### Lifestyle questionnaire

#### Section 1: Personal details

Name: **John Smith**

Address: **49 The Walk  
Anytown  
The County**

Home telephone: **01234 567891**

Mobile telephone: **07123 456790**

Email: **john7@email.com**

Date of birth: **25/07/1984**

**Please answer the following questions to the best of your knowledge.**

#### Occupation

1. What is your occupation?  
**Builder**
2. How many hours do you work daily?  
**7–8 hours per day with a 30-minute lunch break**
3. How far do you live from your workplace?  
**I work in lots of different places**
4. How do you travel to work?  
**Drive**
5. How active would you say your job was?  
**Very active**

#### Section 2: Current activity levels

1. How many times a week do you currently take part in physical activity?  
**Six days a week, twice a day**
2. What type of activity/exercise do you mainly take part in?  
**Weight training**