# Day in the Life Questionnaire

## A DAY IN THE LIFE OF...

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
</tr>
</thead>
</table>

Are you a **Boy** or **Girl**? (circle one please)

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## WHAT DID YOU DO YESTERDAY MORNING?

1. What time did you wake up yesterday morning? **[ ]**

2. Did you have something to eat or drink for breakfast yesterday? **Yes** or **No** (circle one please)

   - What did you have? **Food**  **Drink**

3. Did you watch TV yesterday? **Yes** or **No** (circle one please)

   - □ in the morning:    □ during the day:    □ in the evening:
   - (how many minutes?)  (how many minutes?)  (how many minutes?)

4. Did you play any video or computer games? **Yes** or **No** (circle one please)

   - □ in the morning:    □ during the day:    □ in the evening:
   - (how many minutes?)  (how many minutes?)  (how many minutes?)

5. What else did you do between waking up and going to school yesterday morning?

6. How did you get to school yesterday morning? **walk** / **bike** / **by bus** / **by car** (circle one please)

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### WHAT DID YOU DO YESTERDAY AT SCHOOL?

<table>
<thead>
<tr>
<th>Question</th>
<th>Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>7. Did you have anything for a snack before lunch time? Yes or No (circle one please)</td>
<td>Yes or No (circle one please)</td>
</tr>
<tr>
<td>What did you have?</td>
<td></td>
</tr>
<tr>
<td>8. Did you have PE yesterday? Yes or No (circle one please)</td>
<td>Yes or No (circle one please)</td>
</tr>
<tr>
<td>What did you do?</td>
<td></td>
</tr>
<tr>
<td>For how long?</td>
<td></td>
</tr>
<tr>
<td>9. Did you have something to eat or drink for lunch yesterday? Yes or No (circle one please)</td>
<td>Yes or No (circle one please)</td>
</tr>
<tr>
<td>What did you have? Food</td>
<td>Drink</td>
</tr>
<tr>
<td>10. Besides eating, did you do anything else during your lunch time?</td>
<td></td>
</tr>
</tbody>
</table>
WHAT DID YOU DO AFTER SCHOOL YESTERDAY?

11. How did you get home after school or to your afterschool activity yesterday?  
walk / bike / by bus / by car (circle one please)

12. Did you eat or drink anything between lunch and dinner?  Yes or No (circle one please)
What did you have?

13. After school yesterday, what did you do?  
Did you go home or go to a club / scouts / band / a sport / other (circle one please)

14. Did you play outside yesterday after school?  Yes or No (circle one please)
What did you play the most?  Please name game, sport or other activity

15. Did you have something to eat or drink for dinner yesterday?  Yes or No (circle one please)
What did you have?  Food  Drink

16. Did you do anything else after dinner yesterday?  Yes or No (circle one please)
What did you do?  ☐

17. Did you have anything to eat or drink after dinner?  Yes or No (circle one please)
What did you have?

18. What time did you go to bed last night?  ☽

Thank You!

DILQ for 11-13 school

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