

# Preliminary study report on teenagers' habits regarding nutrition, sport and mental well-being in three countries: France, Romania, Turkey.



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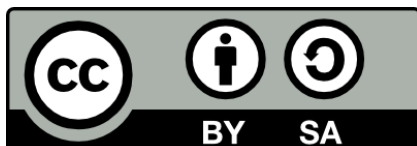
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# PART 1: Quantitative survey of Be Energetic students (43 responses)

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## Introduction

This survey was conducted as part of an Erasmus project focused on understanding the mental and physical well-being of participants. In today's fast-paced world, maintaining a healthy lifestyle is more important than ever, but it is often overlooked due to busy schedules, poor eating habits, and a lack of physical activity. This survey aimed to assess the habits, preferences, and attitudes toward well-being among the participants, allowing us to draw conclusions on how they balance physical health, mental well-being, and daily routines.

The results provide valuable insight into areas that participants excel in and those that may need improvement, helping educators and project leaders create better support systems for healthier lifestyles.

## 1. Eating Habits at Breakfast

- 25.6% of respondents skip breakfast.
- 20.9% consume gluten, milk, and fruits.
- 9.3% opt for biscuits, Nutella, or cereals.
- 46.5% eat something else.

**Analysis:** A significant portion of respondents (25.6%) skips breakfast, which may negatively affect their energy levels and focus throughout the day. On the other hand, 20.9% choose a more balanced meal with fruits and dairy, while others prefer sugary or less nutritious options.



## 2. Hydration and Beverage Consumption

- 88.4% drink water (at least 50cl) daily.
- 16.3% drink sodas.
- 27.9% consume fruit juice.
- 2.3% drink something else.

**Analysis:** The majority of participants (88.4%) choose water as their primary source of hydration, a positive indicator for their well-being. However, a smaller percentage regularly consumes sodas, which could have long-term health consequences.

## 3. Weekly Physical Activity

- 44.2% exercise three or more times a week.
- 20.9% exercise once a week.
- 34.9% engage in physical activity occasionally but not regularly.
- 2.3% do something else.

**Analysis:** Nearly half of the respondents (44.2%) maintain regular physical activity, which is a positive sign for their physical health. However, 34.9% engage in exercise only sporadically, indicating a less active lifestyle for this group.

## 4. Snack Consumption

- 20.9% eat fruits and nuts daily.
- 46.5% consume fruits and nuts occasionally.
- 9.3% eat sugary foods or biscuits daily.
- 39.5% eat sugary foods or biscuits occasionally.

**Analysis:** While a portion of respondents (20.9%) chooses healthy snacks like fruits and nuts, a significant number also consume sugary foods, which may negatively impact their long-term health if eaten in excess.



## 5. Fast Food Consumption

- 7% eat fast food at least once a week.
- 34.9% consume it once a month.
- 23.3% eat fast food 2-3 times per month.
- 37.2% do so occasionally.

**Analysis:** Most participants limit their fast food consumption to occasional or moderate levels, with only 7% consuming it weekly, suggesting an awareness of the potential health risks associated with fast food.

## 6. Non-Sports Hobbies and Activities

- 41.9% enjoy reading.
- 46.5% play music.
- 16.3% enjoy singing.
- 76.7% spend time with family and friends.
- 53.5% enjoy playing games.
- 7% engage in charity work.
- 37.2% do other activities.

**Analysis:** Social interactions, especially spending time with family and friends (76.7%), are highly valued by participants. Creative activities like music (46.5%) and reading (41.9%) are also popular, indicating a balance between creative, social, and solitary pursuits.

## 7. Ability to Focus

- 69.8% focus best when alone.
- 27.9% focus when they don't have their phone.
- 23.3% focus better when doing manual activities.



**Analysis:** A large majority (69.8%) prefer solitude for better concentration, highlighting the importance of peace and quiet. Some respondents also find that their phone is a major distraction.

## 8. Preferences for Playing Sports

- 55.8% enjoy playing sports individually.
- 51.2% prefer team sports.
- 27.9% enjoy sports with a challenge.
- 2.3% prefer endurance sports.

**Analysis:** There is a slight preference for individual sports (55.8%), though team sports are also popular (51.2%). Endurance sports are less favored among participants.

## 9. Favorite Time of the Day

- 58.1% enjoy sleeping the most.
- 11.6% enjoy learning.
- 25.6% enjoy thinking.
- 46.5% enjoy creating.
- 25.6% enjoy physical activities.

**Analysis:** Sleeping is the favorite activity for the majority of respondents, which may reflect a need for more rest. However, creative activities (46.5%) and physical activities (25.6%) are also highly appreciated.



## 10. What Good Health Means

- 55.8% associate good health with sports.
- 32.6% link it to intelligence and focus.
- 72.1% believe it means being happy.
- 39.5% associate it with good nutrition.

**Analysis:** Happiness is the most important factor for respondents when considering good health (72.1%), followed by physical activity (55.8%). This shows a holistic view of well-being, where mental and emotional health is just as important as physical health.

## Conclusions

This survey highlights a generally balanced approach to physical and mental well-being among the participants. Many respondents show positive habits, such as drinking plenty of water, maintaining social connections, and engaging in creative hobbies. Regular physical activity and healthy snacking also stand out, though some habits, such as skipping breakfast or consuming sugary foods, indicate room for improvement.

Overall, participants seem to value happiness and relationships as key components of good health, along with physical activity. The results provide a clear understanding of the current well-being practices, revealing strengths and areas where participants can enhance their health further, both physically and mentally.



# PART 2: Qualitative survey of Be Energetic students (15 responses)

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## Introduction

This report is based on the responses of three groups of adolescents from Turkey, France, and Romania to a series of seven questions regarding their eating habits, sports practices, mental well-being, and overall energy level. The objective of this analysis is to identify trends and specificities for each group, compare the answers, and draw relevant conclusions about cultural and behavioral differences. This report is structured into three main parts: eating habits and involvement in meal preparation, sports and physical practices, and mental well-being and energy level.

## 1. Eating Habits and Involvement in Meal Preparation

### Summary of Responses

Country	Eating Habits	Involvement in Meal Preparation
<b>Turkey</b>	Mostly balanced meals, little fast food.	Little involvement, sometimes helps with light tasks.
<b>France</b>	Balanced meals, homemade dishes, sometimes fast food.	Minimal involvement, contributes to the shopping list, occasional help.
<b>Romania</b>	Varied, some adolescents focus on balance.	Low participation in meal preparation.

Adolescents in Turkey and France seem to place importance on balanced nutrition. In Turkey, some students emphasize avoiding fast food. In France, there is a regular consumption of vegetables and homemade dishes, with occasional indulgence in fast food. In Romania, the responses are more varied, with some adolescents describing their eating habits as balanced, while others are more neutral about it.





Regarding their involvement in meal preparation, most adolescents, regardless of nationality, show limited engagement in this task. Some occasionally help with setting the table or preparing shopping lists, but the majority leave the responsibility to their parents, especially their mothers.

**Conclusion for Part 1 :** Adolescents show limited involvement in meal preparation, although their eating habits are generally balanced. The interest in healthy eating is evident, but meal planning and preparation remain largely a parental responsibility.

## 2. Sports and Physical Practices

### Summary of Responses

Country	Sports Habits	What They Enjoy About Sports
<b>Turkey</b>	Regular practice (volleyball, cycling).	Staying fit and enjoying the activity.
<b>France</b>	Regular physical activities (boxing, school sports).	Stress relief, relaxation, enjoyment.
<b>Romania</b>	Active participation, especially in football.	Playing with friends, competition.

Adolescents from Turkey, France, and Romania regularly engage in physical activity. In Turkey, there is moderate participation, with preferences for sports such as volleyball and cycling. In France, adolescents are particularly active, with sports like boxing and regular physical exercises. In Romania, football is the most prominent activity, often played in groups with friends.

Their motivation for engaging in sports varies slightly across the countries. In Turkey, the focus is on staying fit, while in France and Romania, sports are seen as a way to relieve stress and relax. Romanian adolescents particularly enjoy the social and competitive aspects of sports.

**Conclusion for Part 2:** Sports play a significant role in the lives of these adolescents, not only for maintaining physical fitness but also for managing stress and strengthening social bonds, especially in Romania. The motivations behind sports practices vary but are primarily oriented toward physical and mental well-being.



### 3. Mental Well-Being and Overall Energy Level

#### Summary of Responses

Country	Extra-Sportive Activities and Passions	What Brings Them Mental Well-Being	Energy Level
<b>Turkey</b>	Music, studies, cinema, shopping.	Nature, music, relaxation.	Moderate to variable
<b>France</b>	Reading, music, films, series.	Hanging out with friends, listening to music.	Variable, generally good.
<b>Romania</b>	Video games, reading, interaction with friends.	Games, reading, social interaction.	Very varied, often high.

Mental well-being for adolescents from these three countries is often linked to cultural and social activities. In Turkey, they prefer calm activities like music and cinema, while in France, hanging out with friends and watching series are important. Romanian adolescents stand out with their passion for video games and reading.

Regarding their energy levels, these vary depending on individuals and situations. In Turkey, adolescents report significant fluctuations based on fatigue. In France, they generally describe themselves as energetic but sometimes experience drops in energy due to migraines or school stress. In Romania, most adolescents consider their energy levels to be high, with a few exceptions.

**Conclusion for Part 3:** Adolescents from all three countries share similar sources of mental well-being, focused on social interactions, relaxation, and leisure. Their energy levels fluctuate but tend to be positive overall, with some cases where fatigue or external factors play a role.



## General Conclusion

The analysis of the responses from adolescents in Turkey, France, and Romania reveals significant similarities in their eating habits, sports practices, and mental well-being. Despite minor cultural differences, these young people share a common interest in balanced diets, regular sports activities, and leisure focused on relaxation and social interactions. The key conclusions drawn from this analysis are that, while adolescents are minimally involved in meal preparation, they demonstrate awareness of the importance of healthy eating. Additionally, sports, beyond physical fitness, serve as a way to manage stress and reinforce social relationships.

These results suggest that initiatives promoting active participation in meal preparation could be beneficial, as well as programs that encourage the integration of sports into stress management and social cohesion.



# PART 3: Overall conclusions from the two surveys *(qualitative and quantitative)*

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## 1. Eating Habits and Nutrition

### Balanced diet

Most adolescents, whether in Turkey, France, Romania, or part of the Erasmus survey, show a tendency toward a balanced diet, with moderate consumption of fast food and a preference for homemade meals.

### Breakfast often skipped

A concerning finding is that 25.6% of Erasmus participants skip breakfast, which could negatively impact their energy and focus throughout the day.

### Varied snacking

While some adolescents choose fruits and nuts (20.9% daily), others prefer sugary snacks or biscuits, which could have long-term health consequences if consumed in excess.

### Proper hydration

A positive habit among adolescents is regular water consumption (88.4% drink water daily), although some still consume sodas (16.3%), which may be detrimental to their health in the long run.

### Limited involvement in meal preparation

In all three countries studied (Turkey, France, Romania), adolescents are minimally involved in meal preparation, with this task mostly left to their parents, indicating a lack of practical education on nutrition.



## 2. Physical Activity and Sports

### Regular participation in sports

Most adolescents in both reports regularly engage in physical activities, with 44.2% of Erasmus survey participants exercising at least three times a week.

### Preference for individual and team sports

Adolescents show a slight preference for individual sports (55.8%), though team sports are also popular (51.2%).

### Main motivation for sports

Sports are perceived as a way to stay fit, manage stress, and strengthen social bonds. Adolescents in France and Romania also emphasize the social and competitive aspects of sports.

### Inactivity among some adolescents

One-third of Erasmus participants (34.9%) only engage in occasional physical activity, highlighting the need to encourage more active lifestyles.

## 3. Mental Well-Being and Stress Management

### Well-being linked to social interactions and creative hobbies

Adolescents in both studies value activities that allow them to relax and interact with friends and family. Music, reading, video games, and spending time with loved ones are important sources of mental well-being.

### Sources of well-being

72.1% of Erasmus participants associate good health with happiness, and a majority find comfort in social and creative activities. This highlights the importance of balancing emotional and physical well-being.



## Energy and stress management

While adolescents often describe themselves as energetic, their energy levels fluctuate, often impacted by fatigue and stress. Insufficient rest is a concern, especially in the Erasmus survey, where 58.1% of participants identify sleep as their favorite activity, possibly indicating a greater need for rest.

## Concentration abilities

Many adolescents (69.8%) focus better when alone, away from distractions like phones, which points to the need for quiet spaces to improve productivity.

## 4. Social Relationships and Emotional Well-Being

### Importance of social relationships

Interactions with friends and family are key to the emotional well-being of adolescents, whether in Turkey, France, Romania, or in the Erasmus survey (76.7% value time spent with their loved ones).

### Creative and social activities

Outside of sports, adolescents actively participate in creative hobbies such as music, reading, and gaming, contributing to their mental well-being.

### Holistic view of health

Adolescents perceive health as a multidimensional concept, with 72.1% of Erasmus participants considering happiness a central element of good health, and 55.8% associating health with physical activity.

## 5. Areas for Improvement

### Reducing sugar consumption

Regular consumption of sugary foods, whether as snacks or soft drinks, is a concerning behavior among some adolescents. While they show awareness of healthy eating, further efforts are needed to reduce sugar intake.



## Inactivity among some groups

One-third of adolescents engage in only occasional physical activity, which could pose long-term health risks. Measures to encourage regular participation in sports are essential.

## Skipping breakfast

The fact that a significant portion of participants skips breakfast is a problematic behavior that should be addressed, as it can negatively affect daily performance and overall well-being.

## General Conclusion

Adolescents from Turkey, France, Romania, and the Erasmus survey share a common interest in leading a balanced life, both physically and emotionally. While their eating habits are generally healthy, and most engage regularly in sports, their mental well-being is closely linked to social interactions and creative hobbies.

However, there are areas where improvement is needed, such as skipping breakfast, high sugar consumption, and sporadic physical activity among some adolescents. The results emphasize the importance of educational programs and support systems that encourage healthier lifestyles, strengthen social bonds, and promote emotional well-being.

These conclusions provide a solid foundation for designing initiatives that could further improve the overall health and well-being of adolescents in Erasmus projects and beyond.

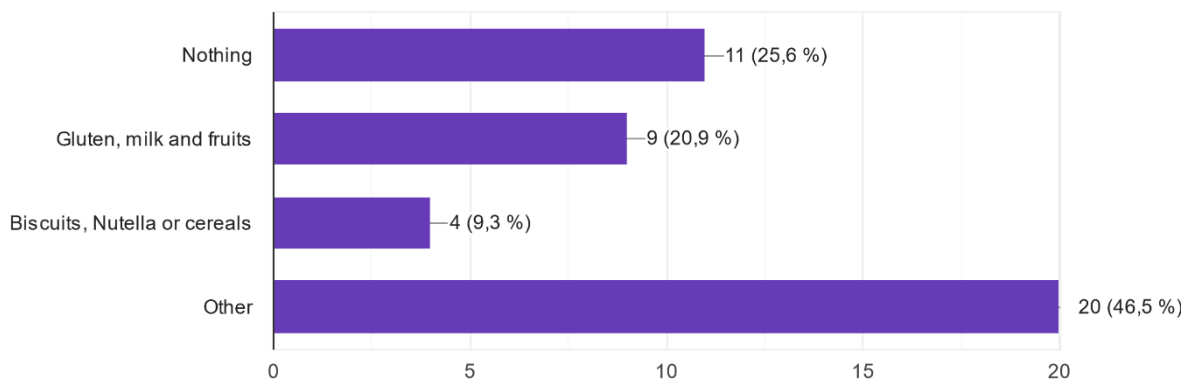


# ANNEX 1: graphs of quantitative survey responses

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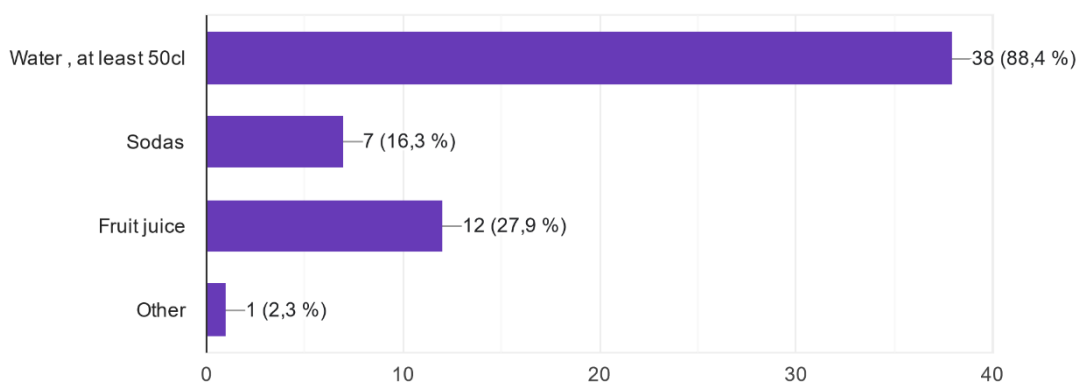
For the breakfast , I eat:

43 réponses



During the day , I drink:

43 réponses

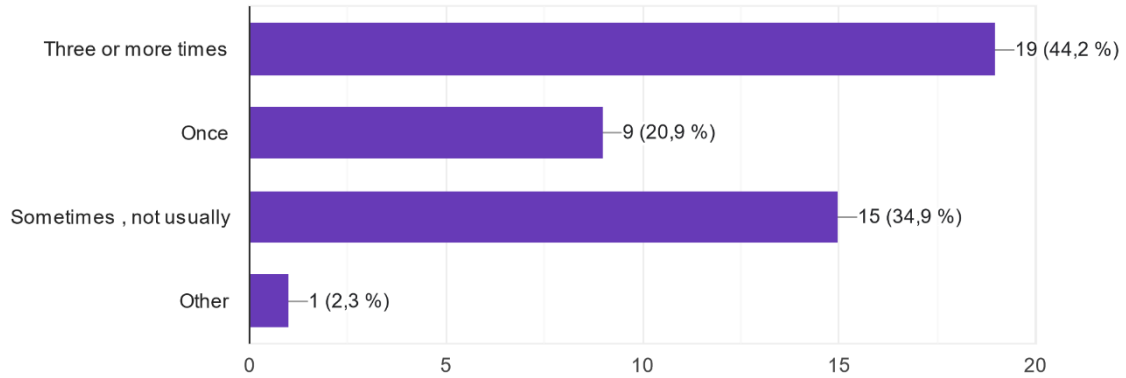






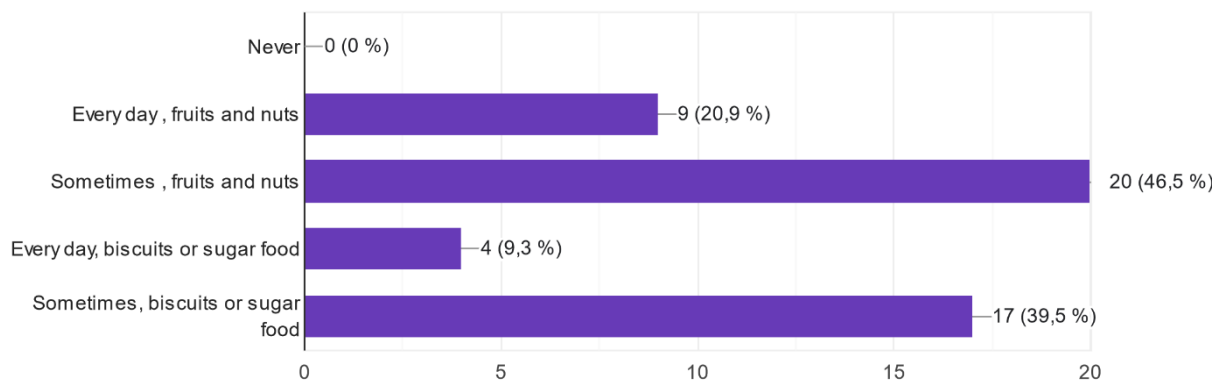
### During the week , I do physics activities:

43 réponses



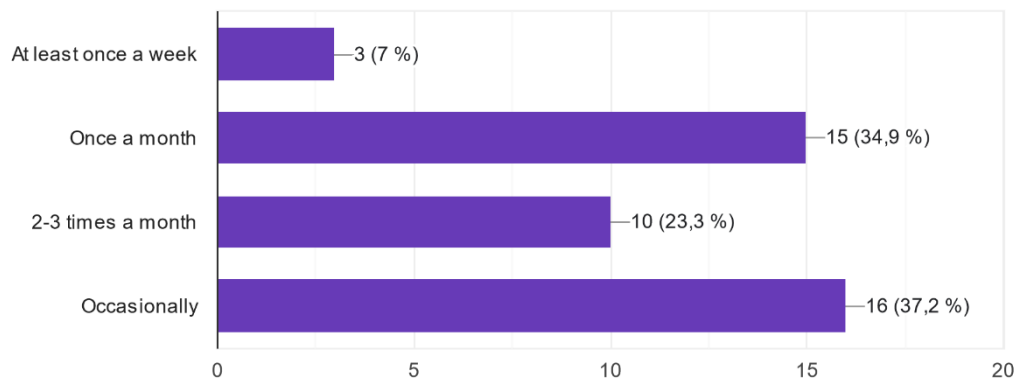
### I eat snacks:

43 réponses



### I eat fast food:

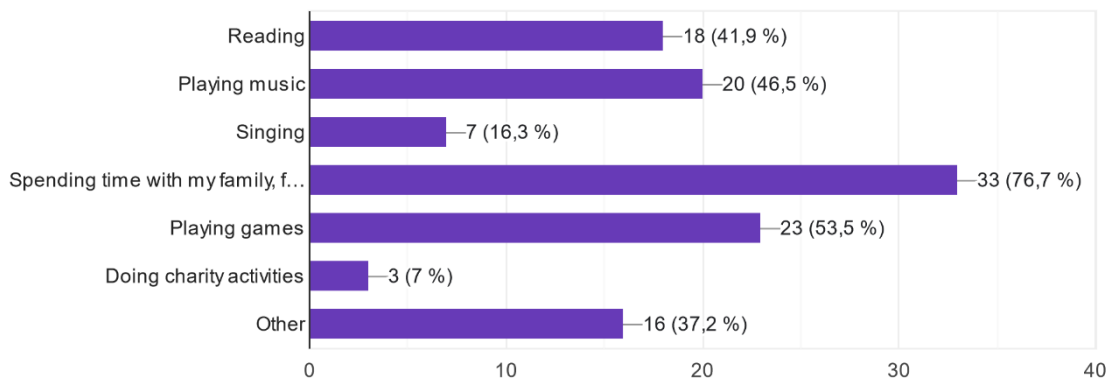
43 réponses





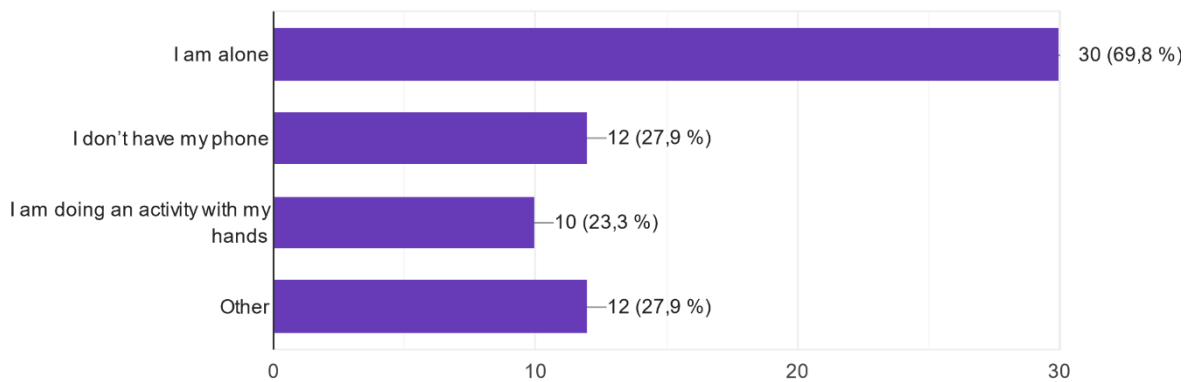
### Apart from sports , I like:

43 réponses



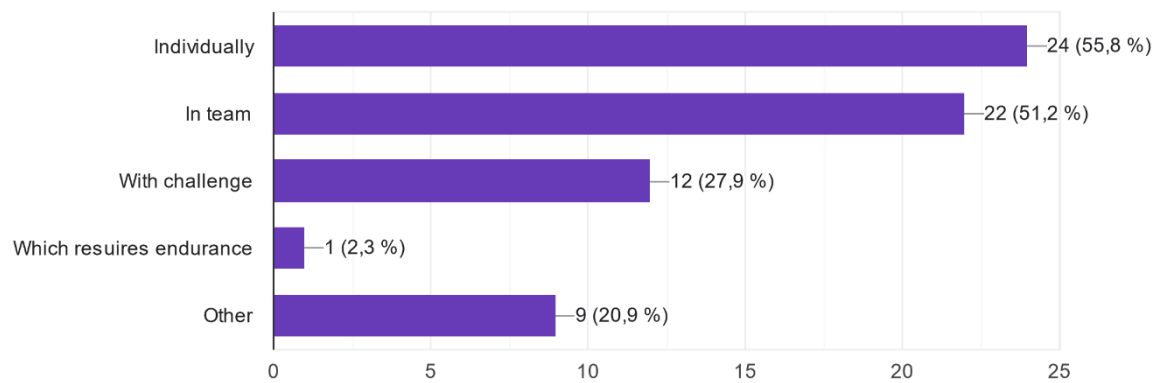
### I can focus when:

43 réponses



### I do like playing sport:

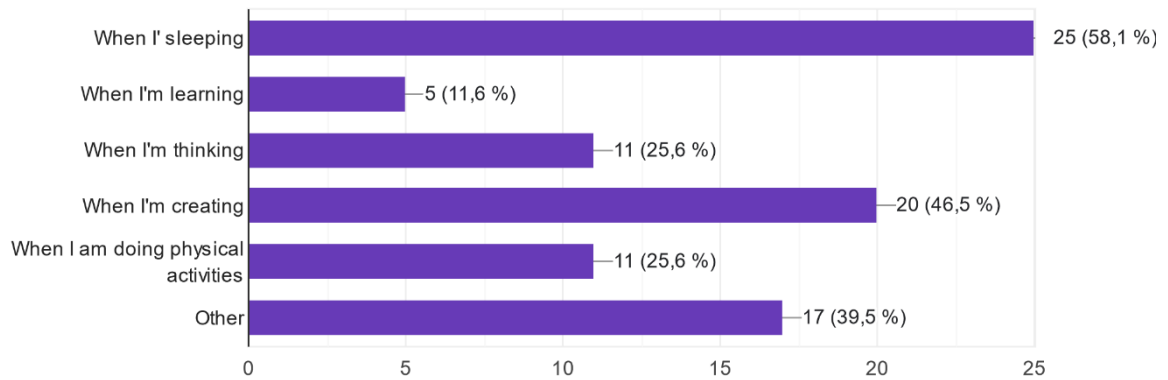
43 réponses





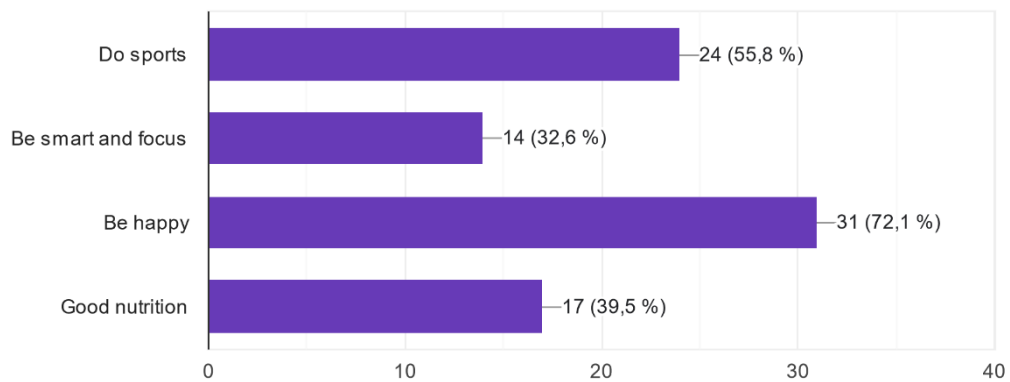
### My favorite moment during the day:

43 réponses



### For me good health rimes with:

43 réponses





# ANNEX 2: transcription of students interviews

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## Transcription for french team

### STUDENT 1

#### 1. How would you describe your eating habits?

I eat quite a lot of vegetables, a balanced diet, meat at every meal, fish from time to time.

#### 2. How involved are you in meal preparation and shopping?

My mom prepares the meal every day and my dad does the shopping on the internet. So sometimes I add things to the shopping list, but in general I don't really look at what they buy.

#### 3. How would you describe your physical and sporting habits?

I do quite a lot of sport during the week, over 5 hours a week.

#### 4. What do you like most about playing sports?

Sport brings me joy, it allows me to relax and think about things other than school.

#### 5. How would you describe your activities/passions/hobbies/leisures outside sport?

Outside sport, I read a lot, listen to music and do my homework.

#### 6. Outside sport, what can bring you mental well-being?

-

#### 7. How would you describe your overall energy level?

In everyday life, I'm pretty energetic.



## STUDENT 2

### 1. How would you describe your eating habits?

I'd say that most of the time I eat dishes that are 90% homemade, so lasagne, salads, couscous, etc. Even if there's inevitably an element of industrialism, even industrial dishes, we eat them too. And sometimes, of course, we eat fast food to please ourselves, or when we don't feel like cooking, of course. Of course, that goes with it.

### 2. How involved are you in meal preparation and shopping?

When my mother tells me she's going shopping, she asks us what dishes we want to eat, etc. So that she can go shopping, organized so that there's not too much overflow from the dishes we're going to make this week. But I must admit that she also asks us to make her a list of what we want in general, so it's not necessarily just dishes and so on.

### 3. How would you describe your physical and sporting habits?

I do sport quite regularly, because I do boxing every Tuesday and Thursday evening, for an hour and a half. I also go for walks quite regularly, but that's okay.

### 4. What do you like most about playing sports?

What I like most about sport is letting go. It's a way of emancipating yourself from certain feelings that might pollute you in some way. And finally, it's a way of giving our all for one purpose, to learn and let off steam.

### 5. How would you describe your activities/passions/hobbies/leisures outside sport?

I like eating a lot, that's it, I admit it. Watching series, films, documentaries and reading books. For me, leisure activities are really important, because I already do a lot of them. But it's mainly to take my mind off classes, etc., which, let's face it, are a big part of our lives as students. I think everyone can say that. And so it feels good.

### 6. Outside sport, what can bring you mental well-being?

Going out with friends. Honestly, going out with friends, when you're having a laugh, and so on. Because I'm a person who likes to laugh a lot, it makes me feel good. And I really like, and even watch really long series, I like them too much, it's almost an addiction. And listening to music is good for me too.

### 7. How would you describe your overall energy level?



It depends when. Because I often get migraines and I'm often forced to be "cloistered" in my room. But generally speaking, I'd say I'm often energetic. Even if sometimes, of course, you can't be on your toes all the time, etc. I'd say I'm pretty energetic.

## STUDENT 3

### 1. How would you describe your eating habits?

I'd say I don't have a super-healthy diet, (0:07) but I do try not to snack too much between meals and to vary my meals, for example by eating pasta with vegetable sauces.

### 2. How involved are you in meal preparation and shopping?

So, meal participation, I'd say it depends on the day of the week. It happens on weekends, especially in meal preparation on Sundays. And when it comes to shopping, not so much really.

### 3. How would you describe your physical and sporting habits?

I'd say I had a very high level of sporting activity before my injury, since I'd been practicing three times a week since I got injured. So I've cut back to once a week.

### 4. What do you like most about playing sports?

I'd say it's letting off steam and clearing my head.

### 5. How would you describe your activities/passions/hobbies/leisures outside sport?

Outside sport, I'd say my main occupations, I'd say it's music, dancing, cooking.

### 6. Outside sport, what can bring you mental well-being?

I'd say cooking, especially pastry-making. And listening to music.

### 7. How would you describe your overall energy level?

I think it varies from day to day, depending on hormones, depending on a lot of things. But overall, I think I'm in a pretty good mood anyway.



## Transcription from romanian team

### STUDENT 1

**How would you describe your eating habits?**

I don't know, like 5 out of 10?

**How involved are you in preparation and shopping?**

3 out of 10, I don't care.

**How would you describe your physical and sporting habits?**

7 out of 10

**What do you like most about playing sports?**

Sport

**How would you describe your activities, passions, hobbies, leisures, outside sports?**

8 out of 10.

**Outside sports, what can bring you mental well-being?**

Euh sport

**How would you describe your overall energy level?**

8 out of 10.

### STUDENT 2

**How involved are you in the meal preparation and shopping?**

Not much.

**What do you like most about playing sports?**

I like because I play for fun.



**How would you describe your activities, passions, hobbies, leisures, outside sports?**

8 out of 10.

**Outside sports, what can bring you mental well-being?**

8 out of 10.

**How would you describe your overall energy level?**

9 out of 10.

### **STUDENT 3**

**How would you describe your eating habits?**

I consider that my eating habits are healthy because I don't eat processed food and fast food.

**How involved are you in the meal preparation and shopping?**

I go shopping with my parents and I try as little as possible to get involved in a prepared meal.

**How would you describe your physical and sporting habits?**

I practice sport every day alone or with my friends.

**What do you like most about playing sports?**

I like the most when I run with my friends to the park because I play football every day.

**How would you describe your activities, passions, hobbies, leisures, outside sports?**

Apart from doing sport, I play on my computer with my friends.

**Outside sports, what can bring you mental well-being?**

To read a book.

**How would you describe your overall energy level?**





My energy level is very high.

## STUDENT 4

**How would you describe your eating habits?**

I eat three meals a day, in the morning, in the afternoon and in the evening.

**How involved are you in meal preparation and shopping?**

Nothing.

**How would you describe your physical and sporting habits?**

Well, I don't do sports.

**What do you like most about playing sports?**

I like playing with my friends.

**How would you describe your activities, passions, hobbies, leisures, outside sports?**

Well, my hobby is playing video games with my friends.

**Outside sports, what can bring you mental well-being?**

To read a book.

## STUDENT 5

**How would you describe your eating habits?**

I eat in the morning, in the afternoon and in the evening.

**How involved are you in meal preparation and stocking?**

I don't do it, my mom does it.

**How would you describe your physical and sporting habits?**

I do football.



**What do you like most about playing sports?**

The competition.

**How would you describe your activities, leisures outside sport?**

I play games on my computer.

**Outside sport, what can bring you mental well-being?**

Playing Minecraft.

**How would you describe your overall energy level?**

Very high.

## **STUDENT 6**

**How would you describe your eating habits?**

Balance.

**How do you go about preparing your body and buying?**

Not much.

**How would you describe your sports and physical habits?**

Nothing at all

**What do you like most about sports?**

Football

**How do you describe your passion for outdoor sports?**

It's great!

**What gives you the most health?**

My best friends



**How do you describe your energy level?**

About 50%

## **STUDENT 7**

**How do you describe your eating habits?**

Healthy

**How involved are you in male personal shopping?**

I'm not involved

**How will you describe your physical and sporting habits?**

Non-existent

**What do you like most about playing sport?**

I don't like anything.

**How do you describe your passion for outdoor sports?**

Indoors.

**What gives you the most health?**

Reading, writing, watching cartoons.

**How do you describe your energy level?**

No

## **STUDENT 8**

**Describe your eating habits.**

In the morning, after school and in the evening.

**How involved are you in meal preparation and shopping?**



My mother takes care of it.

**How would you describe your physical and sporting habits?**

I like running and handball.

**What do you like most about playing sports?**

Competition.

**Describe your activities, passions, hobbies, leisures outside sport.**

Outdoorsy.

**Your overall energy level? Your overall energy level?**

50-50.

**STUDENT 9**

**How would you describe your eating habits?**

Usually, I eat healthy, but sometimes I go out and eat fast food.

**How involved are you in mid-reparation in shopping?**

Yes, I'm pretty involved. I usually like to cook my own meals, and I help with shopping. I also like to read the ingredients on the food that I buy so that I can know better what I eat.

**How would you describe your physical and sporting habits?**

I walk to school, buy food every day, and that counts to a kilometer. I play basketball on the court, and I like to run on the treadmill when I have the time.

**What do you like most about playing sports?**

I like playing sports because they make me feel better and it's fun. I also like it because I get to play with my friends, and in team and make more members.

**How would you describe your activities, passions, hobbies, outside sports?**



Outside sports, I like to go out with my friends, eating healthy, and do something productive during the day.

### **Outside sports, what can bring you mental well-being?**

Outside sports that actively I do are skating or playing video games with my friends and sleeping.

### **How would you describe your overall energy level?**

I would say that my energy during the day is pretty high, but now that I'm in eight, eighth grade, I spend all my time going to school for them.

## **Transcription from turkish team**

### **STUDENT 1**

#### **1. How would you describe your eating habits?**

I usually eat healthy and don't prefer fast food

#### **2. How involved are you in meal preparation and shopping?**

My mother usually prepares the meals and I help set the table or make the salad. I usually help my family with shopping.

#### **3. How would you describe your physical and sporting habits?**

I play volleyball with my friends. I make sure to do sports for at least 20 minutes a day

#### **4. What do you like most about playing sports?**

It helps us be athletic and fit

#### **5. How would you describe your activities/passions/hobbies/leisures outside sport?**

I study, listen to music, dance, watch movies, take care of animals and go shopping.

#### **6. Outside sport, what can bring you mental well-being?**

Listening to music, walking in nature, sitting by the sea



**7. How would you describe your overall energy level?**

I am usually energetic but when I am tired my energy level drops

**STUDENT 2**

**1. How would you describe your eating habits?**

I eat three meals a day with my family

**2. How involved are you in meal preparation and shopping?**

I don't even prepare meals or go shopping, my family is responsible for these tasks

**3. How would you describe your physical and sporting habits?**

I don't have much of a sports habit, I usually ride a bike

**4. What do you like most about playing sports?**

I like sports to be healthy and fun

**5. How would you describe your activities/passions/hobbies/leisures outside sport?**

Apart from sports, I enjoy playing mind games and being interested in art

**6. Outside sport, what can bring you mental well-being?**

Doing hobbies or things you love outside of sports provides our mental state

**7. How would you describe your overall energy level?**

Im generally not very energetic, but if I'm happy about something, I become more energetic

**STUDENT 3**

**1. How would you describe your eating habits?**

I define my eating habits as balanced .



**2. How involved are you in meal preparation and shopping?**

Im involved in cooking, but Im not involved in shopping.

**3. How would you describe your physical and sporting habits?**

I usually like to rest and feel comfortable.

**4. What do you like most about playing sports?**

I like to keep people in shape and make exercise a habit.

**5. How would you describe your activities/passions/hobbies/leisures outside sport?**

I like to be relaxed and calm.

**6. Outside sport, what can bring you mental well-being?**

I like to listen to music or sleep.

**7. How would you describe your overall energy level?**

I can define my energy level as average.