Form Approved

OMB No. 0920-XXXX

Exp. Date XX/XX/XXXX

**Exercise and Food Consumption Questionnaire**

**Food consumption**

1. When you are making your deliveries in the truck, how often do you eat the following:

Home prepared food Every day 2-3 times/week Once/week Rarely

1 2 3 4

Sit-down restaurants Every day 2-3 times/week Once/week Rarely

1 2 3 4

Fast food restaurants Every day 2-3 times/week Once/week Rarely

1 2 3 4

Food stand/take away Every day 2-3 times/week Once/week Rarely

in truck stops 1 2 3 4

Snack(s) Every day 2-3 times/week Once/week Rarely

1 2 3 4

1. When you are making your deliveries in the truck, how often do you usually drink the following:

Water Every day 2-3 times/week Once/week Rarely

1 2 3 4

Sugared soft drink Every day 2-3 times/week Once/week Rarely

1 2 3 4

Energy drink Every day 2-3 times/week Once/week Rarely

1 2 3 4

Coffee or tea Every day 2-3 times/week Once/week Rarely

1 2 3 4

Fruit juice Every day 2-3 times/week Once/week Rarely

1. 2 3 4

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1. On average, how many servings of fruits and vegetables do you have each week (a serving is 1 cup or about the size of two decks of playing cards)?

More than 3 a day,…………………………………. 1

Three a day,………………………………………… 2

Two a day, 3

One a day, 4

One every other day, 5

One during the past 7 days, 6

Fewer than one a week or none, 7

1. What percentage of your deliveries are you responsible for loading or unloading your cargo during the past 7 days?

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (range from 0 to 100) %

