This is a form about what you did this morning and yesterday. There are 23 questions. It is not a test so there are no right or wrong answers. The important thing is that you answer the questions truthfully and try your hardest to remember what you did and what you had to eat and drink.

Here is an example:

2. Did you have anything to eat or drink at home this morning?

   No  Yes

What did you have to eat or drink?

   ........................................
   ........................................
   ........................................

![Follow the arrows!]

3. How did you travel to school this morning?

If you didn’t have anything to eat or drink at home this morning, you should put a tick in the box that says ‘No’. You should then follow the arrow to the next question.

If you did have something to eat or drink at home this morning you should put a tick in the box that says ‘Yes’. You should then follow the arrow to the box with the blank lines and write down everything you had to eat and drink. It is important that you try hard to remember exactly what you had to eat and drink and that you write down everything. Once you are sure that you have remembered everything you should follow the arrow to the next question.

All your answers are a secret between you and the people helping you fill out the form. Nobody else will see your answers. Please don’t talk to anyone else while you are filling in the form and try not to let anyone else see what you put down.

If there is anything you don’t understand or any words that you are not sure about then make sure you ask. There is no rush so you can take as long as you like.
What did you do this morning?

1. Did you watch television at home this morning?

   No  Yes  (Put a tick in the correct box)

2. Did you have anything to eat or drink at home this morning?

   No  Yes

   Follow the arrows!

   What did you have to eat or drink?
   ......................................
   ......................................
   ......................................
   ......................................
   ......................................

3. How did you travel to school this morning?

   walk  cycle  by bus  by car

Write down EVERYTHING you can remember!
4. Did you have anything to eat or drink on the way to school this morning?

No  Yes

What did you have to eat or drink?

......................................
......................................
......................................
......................................
......................................

Anything else?

If so, WRITE IT DOWN!

5. Did you have anything to eat or drink at school this morning, before class started?

No  Yes

What did you have to eat or drink?

......................................
......................................
......................................
......................................
......................................

Write down EVERYTHING you can remember!
What did you do yesterday?

6. Did you watch television at home yesterday morning?

No  Yes (Put a tick in the correct box)

7. Did you have anything to eat or drink at home yesterday morning?

No  Yes

What did you have to eat or drink?

......................................
......................................
......................................
......................................
....................................

Have you written down EVERYTHING?

8. How did you travel to school yesterday morning?

- walk
- cycle
- by bus
- by car
9. Did you have anything to eat or drink on the way to school yesterday morning?

No  Yes

What did you have to eat or drink?

Have you remembered everything?

10. Did you have anything to eat or drink at school yesterday morning, before class started?

No  Yes

What did you have to eat or drink?

Have you written down EVERYTHING?

11. What did you do at morning break (interval) yesterday?

sat around  stood around  walked around  ran around
12. Did you have anything to eat or drink at morning break yesterday?

Yes

No

What did you have to eat or drink?

......................................

......................................

......................................

......................................

Have you forgotten anything?

13. What did you do at lunchtime yesterday?

sat around

stood around

walked around

ran around

14. Did you have anything to eat or drink at lunchtime yesterday?

Yes

No

What did you have to eat or drink?

......................................

......................................

......................................

......................................

If so, WRITE IT DOWN!
15. What did you do after school yesterday?
- went home
- went to an after school club
- went somewhere else

16. How did you travel home after school yesterday?
- walk
- cycle
- by bus
- by car

17. Did you play outside after school yesterday?
- No
- Yes

18. Did you watch television after school yesterday?
- No
- Yes
19. Did you have anything to eat or drink on your way home yesterday? Or anything to eat or drink between the end of school and your evening meal?  

No  Yes  

What did you have to eat or drink?  

......................................  

......................................  

......................................  

......................................  

......................................  

Have you remembered everything?  

Yes  No  

20. Did you have an evening meal yesterday?  

No  Yes  

What did you have to eat or drink?  

......................................  

......................................  

......................................  

......................................  

......................................  

Have you written down EVERYTHING?  

Yes  No  

21. What did you do after your evening meal yesterday? (If you didn’t have an evening meal, write down what you did before you went to bed.)  

.................................................................................  

.................................................................................  

.............................................................................
22. Did you have anything else to eat or drink after your evening meal yesterday or before you went to bed?

No  Yes

What did you have to eat or drink?

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......................................
......................................
......................................
......................................

Anything else?

23. Did you have anything else to eat or drink yesterday that you haven’t already put on this form?

No  Yes

What did you have to eat or drink?

......................................
......................................
......................................
......................................
......................................

Anything else?

If so, WRITE IT DOWN!

Moore et al., 2007

The End!

Thanks for your help!