**Appendix B**

**Exercise habits  
I exercise for the purpose of maintaining/improving my physical fitness, health and well-being ...**□ Never  
□ Sometimes  
□ 1-2 times/week   
□ 3-5 times/week 6 times/week  
□ At least 6 times/week

**Sitting in leisure time  
I remain sedentary in my spare time…**□ All the time  
□ 75% of the time  
□ 50% of the time  
□ 25% of the time  
□ Almost no time

**Sitting at work  
I remain sedentary at work…**□ All the time  
□ 75% of the time  
□ 50% of the time  
□ 25% of the time  
□ Almost no time

**Diet  
I consider my diet, regarding both meal frequency and nutritional content to be ...**□ Very poor  
□ Poor  
□ Neither good or bad   
□ Good  
□ Very good

**Smoking habits  
I smoke...**□ At least 20 cig/day  
□ 11-19 cig/day  
□ 1-10 cig/day   
□ Occasionally  
□ Never

**Overall stress  
I perceive stress in my life, both personally and at work ...**□ Very often  
□ Often  
□ Sometime   
□ Rarely  
□ Never

**Perceived symptoms of anxiety and depression  
I experience worry, sadness or anxiety ...**□ Very often  
□ Often  
□ Sometime   
□ Rarely  
□ Never

**Percieved health  
I perceive my physical and mental health as...**□ Very poor  
□ Poor  
□ Neither good or bad   
□ Good  
□ Very good