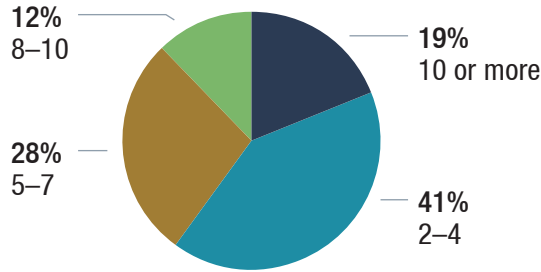




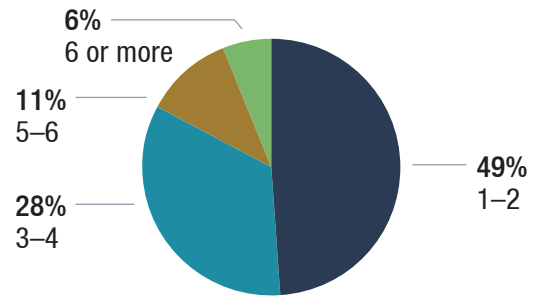
Health Habits: Diet and Exercise

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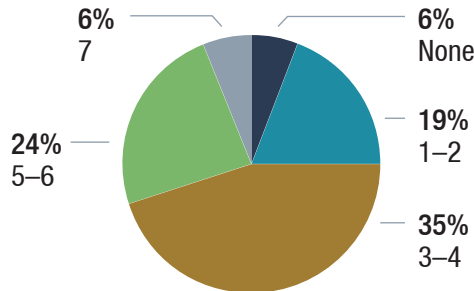
How many glasses of water do you drink per day?



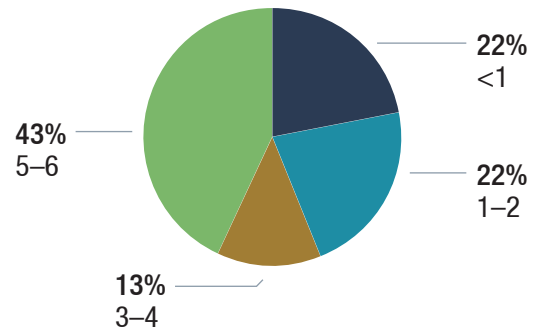
On average, how many servings of fruits and vegetables do you eat per day?



How many days do you exercise per week?



On average, how many hours do you spend walking for exercise per week?



On average, how many hours per day do you spend sitting (at work or home)?

