Healthy Living Interview Questionnaire

Instructions: Use this questionnaire to interview a family member about their healthy living habits. Write down their responses in the spaces provided below each question.

# 1. What does 'healthy living' mean to you, and how do you practice it daily?

# 2. Can you share a favorite healthy meal or snack you enjoy, and why you like it?

# 3. What kind of physical activity or exercise do you enjoy most, and how often do you do it?

# 4. How do you take care of your mental and emotional health, especially during stressful times?

# 5. What advice would you give to young people about staying healthy and feeling good about themselves?