

## Life style and daily routine questionnaire

In Ayurveda the main cause of disease is said to be lack of knowledge and living out of harmony with nature.

This daily program recommends and offers guidelines that help us to achieve new levels of well-being. It corresponds with the body's natural rhythms and maintains harmony and calmness throughout the system.

<b>Evening routine</b>	<b>Yes</b>	<b>No</b>
Do you lie down/ go to sleep before or at 10 Pm?		
Do you avoid activities that activate the mind like watching t.v or reading 45 minutes before sleeping?		
Do you use natural fabric sleeping clothes and bedding?		
Do you go to bed at about the same time every night?		
Is your bedroom used for sleeping only, not working/watching t.v?		
Do you take an evening walk after dinner?		
<b>Morning routine</b>	<b>Yes</b>	<b>No</b>
Do you normally wake at or before 6 Am?		
Do you usually have a bowel movement within 1 hour of wakening.		
Do you drink fresh warm water upon awakening?		
Do you clean your tongue in the morning during or after brushing your teeth?		
Do perform any type of self-massage in the morning?		
Do you perform yoga in the morning?		
Do you perform Pranayama in the morning?		
Do you meditate in the morning?		
Do you exercise or take a walk in the morning?		
Do you wear natural fabric clothing?		
Is your breakfast lighter and less in quantity than your lunch?		
Do you avoid meat and eggs at breakfast?		
<b>Afternoon Routine</b>	<b>Yes</b>	<b>No</b>
Do you eat lunch between 12.00 and 1 Pm?		
Do you normally eat lunch at the same time every day?		
Do you usually have warm, cooked food at lunch?		
Do you usually take one-half hour or longer for lunch?		
Is your lunch your largest and most balancing meal of the day?		
Do you have at least 10-15 minutes after you finish eating lunch before resuming work?		
Do you finish work by 5 Pm?		
Do you practice exercise after work and before dinner?		
Do you meditate after work and before dinner?		
<b>Evening Routine</b>	<b>Yes</b>	<b>No</b>

Do you start your evening meal before 6.30 Pm?		
Do you eat evening meal roughly at the same time each day?		
Do you avoid meat, cheese and yoghurt in the evening?		
Do you avoid deserts in the evening meal?		
Is your evening meal considerably lighter then your lunch?		
Do you walk for at least 10 minutes in the evening after dinner?		
<b>Eating Behaviour</b>	<b>Yes</b>	<b>No</b>
Do you pay attention to eat according to your hunger level and not eat when you are not hungry?		
Do you eat to about $\frac{3}{4}$ capacity and not until you feel stuffed?		
Do you approximately eat at the same times every day?		
Do you usually avoid taking food other than fruit or drinks for 1/2 hours after eating?		
Do you eat a balanced diet with a wide variety of foods?		
Do you eat in a settled environment and avoid reading, watching t.v, standing up or driving while eating?		
Do you avoid cold drinks while eating?		
Do you sit for at least 5 minutes after eating before getting up?		
Do you chew your food well?		
Do you drink only milk with grains or sweet foods and avoid milk with raw fruits, vegetables, meat, fish eggs and sour foods?		
Do you avoid eating refrigerated leftover foods?		
Do you usually avoid eating frozen and processed food?		
Do you mainly eat fresh and freshly prepared food?		
Do you drink fresh fruit and vegetable juices?		
Do you avoid food that has honey cooked in it?		
Do you mainly eat organic food?		
Do you avoid to use a microwave?		
Do you avoid skipping meals and go hungry for long periods?		
Do you avoid suppressing natural urges like bowel movements and urination?		
Are you mainly vegetarian (avoid red meat, fowl, fish and eggs)?		
If you are mainly vegetarian do you have plenty of dairy products in your diet?		
Do you avoid caffeine beverages like coffee and soft drinks?		
Do you avoid regular use of laxatives?		
Do you avoid candy and processed snacks?		
Do avoid having lunches of salad only?		
Do you avoid carbonated beverages?		
Do you drink 6/8 glasses of room temperature warm water throughout the day ?		
Do you usually avoid eating cold foods?		
Do you mainly use olive oil as your cooking oil?		
Do you avoid cooking at high heat?		
Do you avoid cooking with aluminum pans?		
Do you eat out at restaurants less than twice a week?		

<b>Exercise</b>	<b>Yes</b>	<b>No</b>
Do you walk daily for at least half an hour?		
Do you have three or more periods a week with an hour or more strenuous exercise?		
Do you stop exercising <u>before</u> you start to sweat heavily and feel exhausted?		
<b>Orientation to the environment</b>	<b>Yes</b>	<b>No</b>
Is the main entrance to your house facing the north or north-east direction?		
Is the main entrance to your office facing the north or north-east direction?		
Does the top of your head face east or south when you sleep?		
Do you face north or east when you sit at your desk at work?		
<b>Social &amp; environment issues</b>	<b>Yes</b>	<b>No</b>
Can you avoid working night shifts?		
Can you avoid working the whole day in front of a computer?		
Can you avoid working in an environment polluted with toxic chemicals?		
Can you avoid living in an area with overhanging electricity wire?		
Does the space in which you work have windows that can be opened?		
<b>Ladies only</b>	<b>Yes</b>	<b>No</b>
Are you able to be more restful on the days of your menstrual period?		
Do you eat lighter foods during the days of your menstrual flow? (more cooked vegetables, whole grain, fruits, beans and less meat, cheese, sugar and cold drinks).		