ID:

Date:

University:

Faculty: Course of study:

Sex　□ Female　・　□ Male

Age:

Height: 　　 (cm) Weight 　　 (kg)

Q1. Do you exercise regularly?　　　□ Yes　・　□ No

　“Yes”→ What kinds of exercises do you perform?

　　How many days a week do you exercise (with at least 30 min per session)?

Q2. Have you participated in any club sports?　　　　□ Yes　・　□ No

　“Yes”→ Junior high school:

　　　　　 High school:

Q3. How do you usually travel to the university? (Multiple answers are allowed)

□ walk □ bicycle □ motorcycle or car □ bus □ public transport other

Q4. How long does it usually take to get to the university?　 　　　　　min

Q5. Do you have a part-time job? □ Yes　・　□ No

　“Yes”→ What is the nature of your job?

Q6. What is your current living situation?

□ living alone　　 □ with parent/s 　□ with other family members

□ student housing □ shared house

Q7. During the past month, at what time did you usually go to bed?

Q8. During the past month, at what time did you usually get up in the morning?

Q9. During the past month, how many hours of actual sleep did you get at night?