

QUESTIONNAIRE

1. How do you manage your time?

1. Do you procrastinate?

Yes

No

2. Do you work on every day?

Yes

No

3. Do you have multiple tasks?

Yes

No

4. Do you get up on time in the morning?

Yes

No

5. Do you make time for your hobbies?

Yes

No

6. Do you make time for your family?

Yes

No

7. Do you do your homework before sleeping?

Yes

No

8. Do you eat when you are stressed or nervous?

Yes

No

9. Do you have a good sleep schedule?

Yes

No

10. Do you exercise regularly?

Yes

No

11. Do you go to the gym regularly?

Yes

No