



**Q11** – Over the past six months, how many days per week did you typically drink like this?  
(Circle One)

1      2      3      4      5      6      7

**Q12.** How many days per week do you perform exercise that works up a sweat and increases your breathing and heart rate for at least 15 minutes? (Circle One)

1      2      3      4      5      6      7

**Q13A.** During the past 6 months, how many days per week do you feel that you have been exposed to high levels of emotional stress?

1      2      3      4      5      6      7

**Q13B.** Have you ever been told you have high blood pressure?                      YES                      NO