

11. On average, how many hours do you work within a week?
 ___ hours
12. What is the percentage of being call out during your duty in the past 6 months?
 ≤ 20 % 21% - 40% 41% - 60%
 61% - 80% 81% - 100% Not suitable

Part III : Eating habits
 (*Last 30 days)

13. On average, how many days do you eat fruits within a week?
 No (Please go to question 16)
 1 day 2 days 3 days 4 days 5 days 6 days 7 days
14. Where do you usually have fruits?
 At home During duty No difference, at home and during duty
15. On the day(s) that you have eaten fruit, how many fruit do you eat?
 (A fruit equals to a medium-sized apple or orange, a banana, two small fruit such as kiwi fruits or plums, or half bowl of small fruit like grapes or strawberries)
 Less than 1 1 - 2 More than 2
16. On average, how many days do you eat vegetables within a week?
 No (Please go to question 19)
 1 day 2 days 3 days 4 days 5 days 6 days 7 days
17. Where do you usually have vegetables?
 At home During duty No difference, at home and during duty
18. On the day(s) that you have eaten vegetables, how many bowls of vegetables do you eat?
 (*One bowl refers to the size of a rice bowl.)
 Less than 1 1 - 2 More than 2
19. On average, how many days do you have breakfast (take away included) within a week?
 None Less than 1 1 2 - 4 More than 5
20. On average, how many days do you have lunch (take away included) within a week?
 None Less than 1 1 2 - 4 More than 5
21. On average, how many days do you have dinner (take away included) within a week?
 None Less than 1 1 2 - 4 More than 5
22. On average, how many days do you have night snack (take away included) within a week?
 None Less than 1 1 2 - 4 More than 5

Part VI: Decisional balance and self-efficacy

Below several pros and cons of eating (fruits/vegetables) are listed below.

How important are each of these pros and cons in your decision to eat two servings of fruit each day/ three servings of vegetables each day once or twice a week?

Pros and Cons	Not at all important	Not important	Neutral	Important	Very important
<i>31. Pros of fruit</i>					
31.1 Fruit is good for your body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.2 Other people eat fruit	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.3 Fruit can substitute for unhealthy food products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.4 Eating fruits can help one maintain weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.5 Fruit can help prevent diseases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.6 Eating fruits makes one feel better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.7 Fruits make a diet more varied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
31.8 Eating fruits can help one lose weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>32. Pros of vegetable</i>					
32.1 Vegetables are good for your body	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.2 Other people eat vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.3 Vegetables can substitute for unhealthy food products	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.4 Eating vegetables can help one maintain weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.5 Vegetables can help prevent diseases	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.6 Eating vegetables makes one feel better	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.7 Vegetables make a diet more varied	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
32.8 Eating vegetables can help one lose weight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Pros and Cons	Not at all important	Not important	Neutral	Important	Very important
33. <i>Cons of fruit</i>					
33.1 Eating fruits is unhandy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.2 It is hard to find tasty fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.3 It is difficult to store fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.4 Eating fruits is tasteless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.5 Eating fruits is expensive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.6 Fruit spoils quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.7 Recommendations for fruit are unclear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.8 It takes time to buy fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
33.9 Chemicals on fruit worry me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34. <i>Cons of vegetable</i>					
34.1 Eating vegetables is unhandy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.2 It is hard to find tasty vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.3 It is difficult to store vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.4 Eating vegetables is tasteless	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.5 Eating vegetables is expensive	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.6 Vegetables spoil quickly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.7 Recommendations for vegetables are unclear	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.8 It takes time to prepare vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.9 It is difficult to prepare vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
34.10 Chemicals on vegetables worry me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

35. Do you think it is easy or difficult to eat two servings of fruit each day/ three servings of vegetables each day once or twice a week?

Self-efficacy	Very difficult	Difficult	Neutral	Easy	Very easy
<i>35.1 Self-efficacy for fruit</i>					
35.1.1 In the weekends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.1.2 During working days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.1.3 In winter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.1.4 When you don't have much time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.1.5 When you experience (emotional) distress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.1.6 When having a touch of flu or a cold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<i>35.2 Self-efficacy for vegetable</i>					
35.2.1 In the weekends	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.2.2 During working days	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.2.3 In winter	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.2.4 When you don't have much time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.2.5 When you experience (emotional) distress	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
35.2.6 When having a touch of flu or a cold	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>