**Contents of HORIZONS 12 Month Questionnaires**

# **HORIZONS 202342 12mo Q v1.0 BREAST**

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| Number of close friends & family | 30 |  |
| About You & Your Lifestyle | **Lifestyle Questions:**   * Body Mass Index (Weight update) * Smoking self-assessment * e-Cigarette use self-assessment * Alcohol intake self-assessment * Godin-Shephard Leisure-Time Exercise Questionnaire * Strength & Resistance Exercise Measure (Speed-Andrews et al) * Fruit & vegetable screening log * Diet * Lifestyle advice or information | 31-36 |  |
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