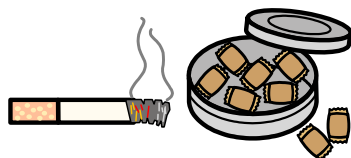


matvanor

Hur mår jag?



röra sig



tobak



alkohol

droger



sömn



stress

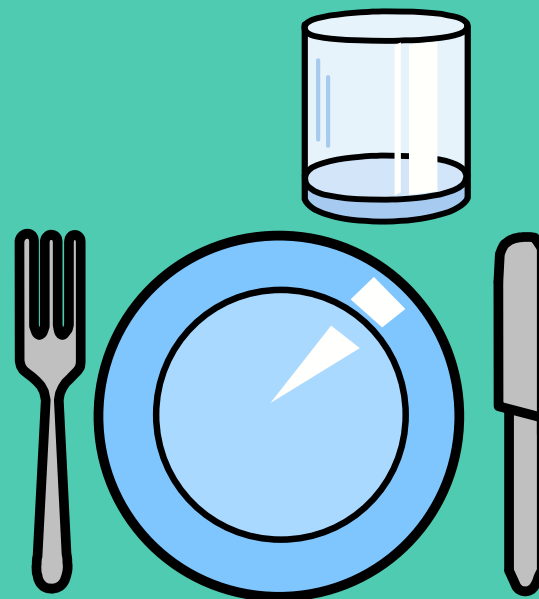


oro

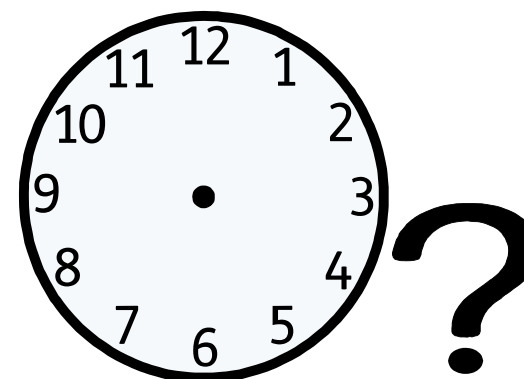


ledsen

# matvanor



vad

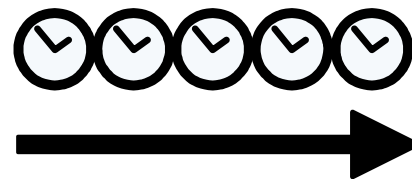


hur ofta

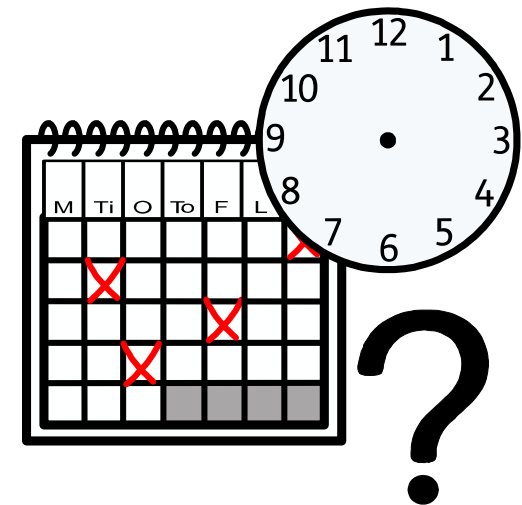
# röra sig



vad

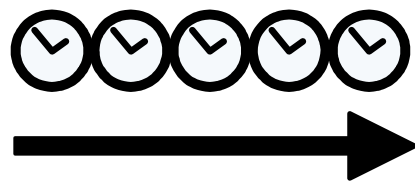
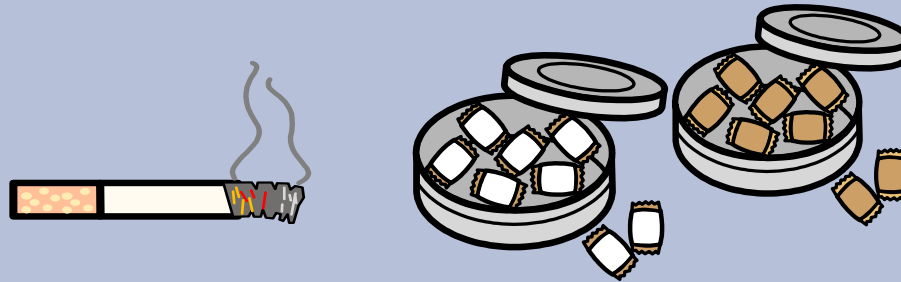


hur mycket

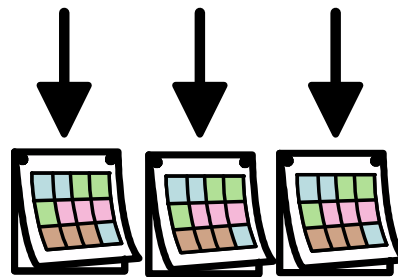


hur ofta

# tobak



hur mycket

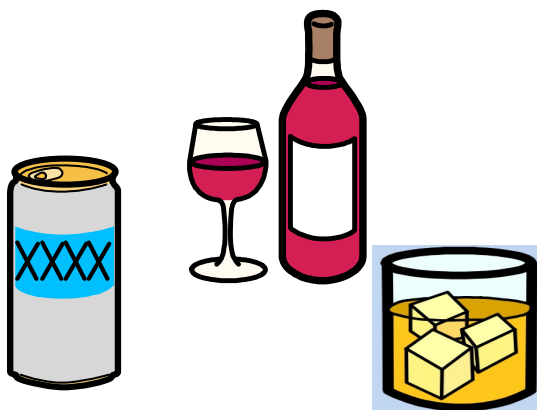


hur många år

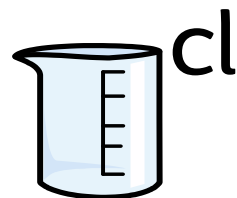


sluta

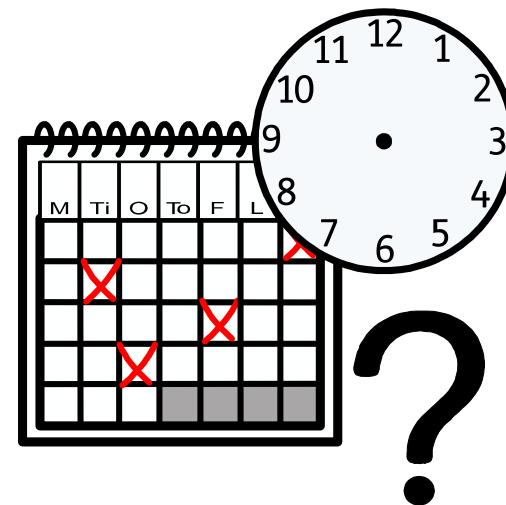
# alkohol



vad



hur mycket

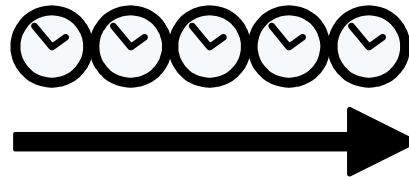


hur ofta

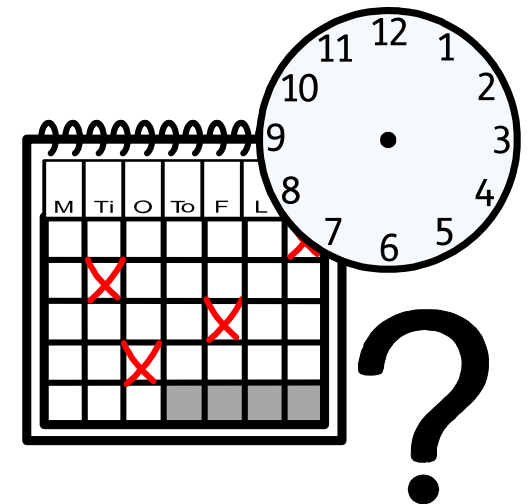
# droger



vad

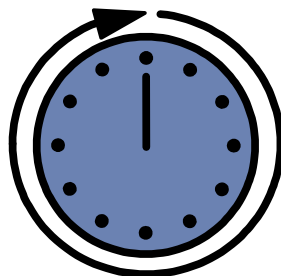


hur mycket

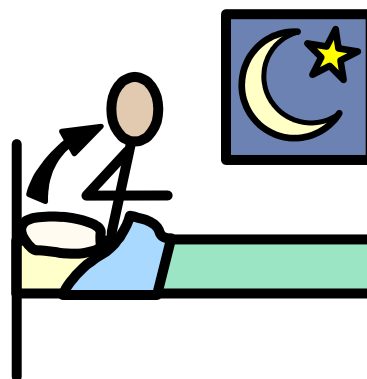


hur ofta

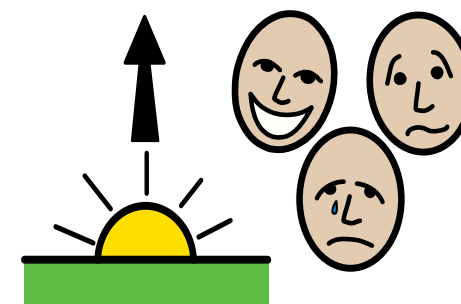
# sömn



natt timmar



vakna på natten



utvilad

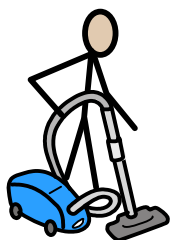
# stress

jobba  
plugga

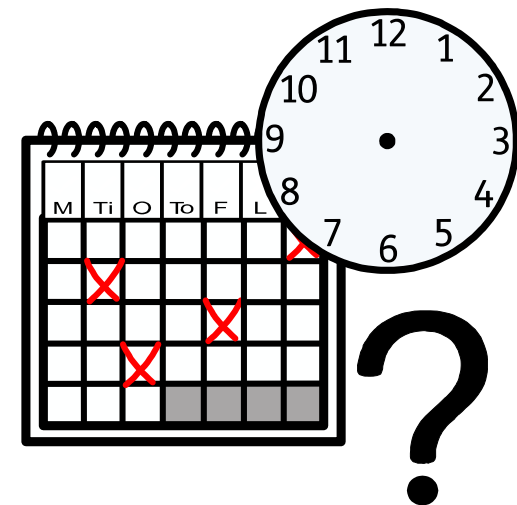
städa  
handla

träffa kompisar

laga mat  
träna



vad



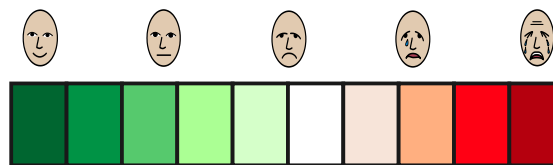
hur ofta



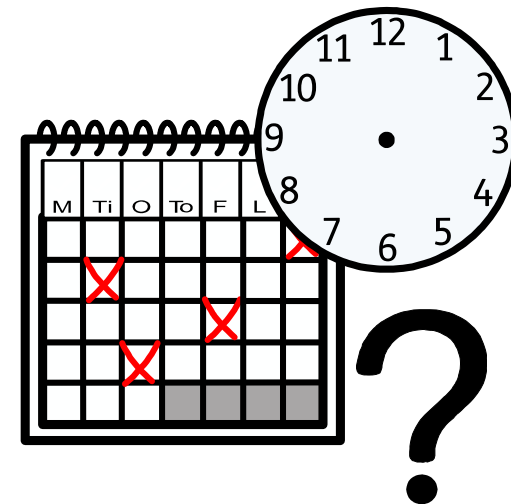
# oro



vad

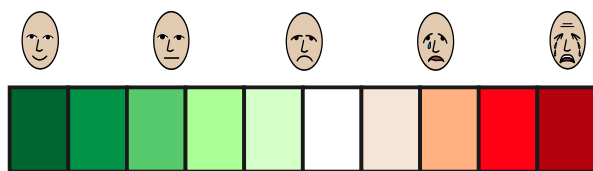


hur mycket



hur ofta

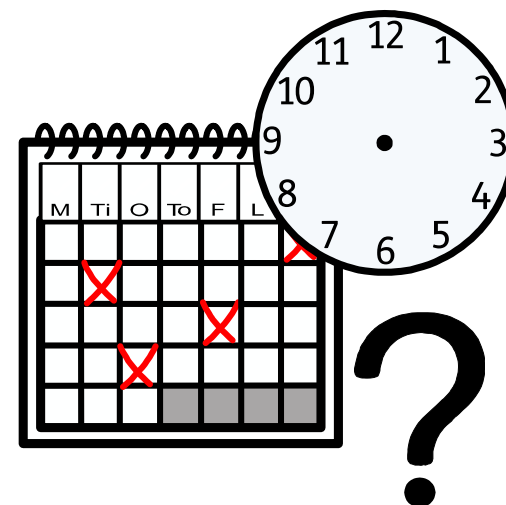
# ledsen



hur mycket



vad



hur ofta