

Serial number: \_\_\_\_\_

## OUTDOORS- and SUN HABITS

1. How much time, per week, do you spend outside during the day?

Oct-April:  no time  1/2h  1h  2h  4h  6h  more

May-Sep:  no time  1/2h  1h  2h  4h  6h  more

2. How often do you sunbathe in a solarium?

Every week  Twice a month  Once a month  A few times a year  Never

When did you last sunbathe in a solarium? \_\_\_\_\_

3. How often do you go on a sun vacation?

Once a year  Twice a year  More often  Never

When were you last at a sun vacation? \_\_\_\_\_

4. How does your skin get after you being in the sun?

Always burns/never tans  Usually burns/tans with difficulty  Sometimes mild burn/gradually tans

Rarely burns/tans with ease

5. Do you usually use sunscreen when sunbathing?

Yes, always  Sometimes  No, never

6. When it is a sunny weather:

Are you preferably in the sun  Both in the sun and in the shade  Seek shade

May we phone you if we have further inquiries?  Yes (Best time to call: \_\_\_\_\_)

No

Telephone number:

Name:

**THANK YOU FOR YOUR ASSISTANCE.**