

Lifestyle

Please answer the following questions about your lifestyle.

Do you smoke? Yes No

How much alcohol do you drink per week? (1 unit is equal to approximately 1 small glass of wine or half pint lager/beer/cider)

Do you exercise regularly? Yes No

If yes, how many times per week?

Please provide any additional information or concerns you would like to share with your healthcare team.

Thank you for completing the lifestyle questionnaire. Your next steps:

Please share this form with your healthcare professional.

Visit the national prehabilitation website at <https://www.prehab.nhs.scot/> or scan the QR code below to access.



Attend a universal prehabilitation workshop at your local Maggie's Centre <https://www.maggies.org/cancer-information/cancer-treatment/prehabilitation-getting-ready-treatment/> or equivalent local organisation.