I. How often do you take vitamins? (Answer 1,2,3,4, or 5).

1. Never
2. Once a month or less
3. Between Once a week and Once a month
4. Between Every day and Once a week
5. Every day

II. What is the last digit of your R number?

0, 1, 2, 3, …, or 9

Example response: 3, 1