



## never, once a year or less, a few times a year

|   |                       |
|---|-----------------------|
| 0 | never                 |
| 1 | once a year or less   |
| 2 | a few times a year    |
| 3 | once or twice a month |
| 4 | once or twice a week  |
| 5 | almost every day      |