-](ow are you settling in? Name:
1)	Do you know the names of your family members? Yes / Some / No
2)	How long are your showers? 0-10 minutes / 10-15 minutes / 15+ minutes
3)	Do you sit and eat with your family at dinner?
	Yes for (minutes) / No, because
4)	Do you like the food at your homestay? Yes / So-so / No, because
5)	About how many SNS messages have you sent to your friends since arriving?
6)	About how many SNS messages have you sent to your family since arriving?
7)	Are you using the internet before class / between classes / at interval / at lunch?
	before class: yes / no between classes: yes / no at interval: yes /no at lunch: yes/no
8)	Are you only using internet between the times on your rule paper?
	Vos / Mostly / No hosause
	Yes / Mostly / No, because
9)	Do you turn off all the lights and your devices (phone / tablet) at night? What time?
	Do you turn off all the lights and your devices (phone / tablet) at night? What time? Yes at / Sometimes at / No, because
10)	Do you turn off all the lights and your devices (phone / tablet) at night? What time?
10) 11)	Do you turn off all the lights and your devices (phone / tablet) at night? What time? Yes at: / Sometimes at: / No, because Which activities have you done with your family on weekdays?
10) 11) 12)	Do you turn off all the lights and your devices (phone / tablet) at night? What time? Yes at
10) 11) 12)	Do you turn off all the lights and your devices (phone / tablet) at night? What time? Yes at: / Sometimes at: / No, because Which activities have you done with your family on weekdays? What have you done on the weekends? How are you helping around the house (chores)?
10) 11) 12) 13)	Do you turn off all the lights and your devices (phone / tablet) at night? What time? Yes at
10) 11) 12) 13)	Do you turn off all the lights and your devices (phone / tablet) at night? What time? Yes at
10) 11) 12) 13) 14)	Do you turn off all the lights and your devices (phone / tablet) at night? What time? Yes at / Sometimes at / No, because Which activities have you done with your family on weekdays? What have you done on the weekends? How are you helping around the house (chores)? Do you use the magic words (please / thank you / excuse me)? Always / Sometimes / Never Are you using gestures and facial expressions to communicate? Always / Sometimes / Never Have you taught your host family anything about Japan?
10) 11) 12) 13) 14) 15)	Po you turn off all the lights and your devices (phone / tablet) at night? What time? Yes at