



HOW TO STAY YOUNG

Contact Information	
Full Name	
Address	
Home no	
Mobile no	
Email Address	
How did you hear about the show?	

Personal Information	
Occupation	
Marital Status	
Date of Birth	
Real Age	
Age you Feel	
Age you look	
Height	
Weight	
Do you have any medical conditions we should be aware of?	

Availability	
This project will run for 12 weeks from mid-February. Do you have any holiday booked during that period?	

Please complete and return to howtostayyoung@bbc.co.uk , remember to include a recent photograph of yourself.



ABOUT YOU

Tell us about your hobbies:

Describe yourself in three words:

- 1.
- 2.
- 3.

Do you have an active lifestyle?

Tell us what you eat on an average day:

What is your favourite thing about yourself?

What would you like to change about yourself?

Do you think you act your age?

Why do you want to take part in the project?

Please complete and return to howtostayyoung@bbc.co.uk , remember to include a recent photograph of yourself.



Do you have a Friend / Colleague or family member that would be interested in taking part? (this is not required for you to apply)

If yes, please provide their name and age:

How do you know them?

Describe them in 3 words:

- 1.
- 2.
- 3,

Please complete and return to howtostayyoung@bbc.co.uk , remember to include a recent photograph of yourself.