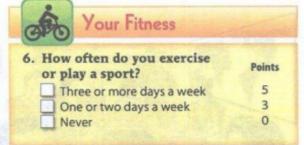
## Health and Fitness Quiz

How healthy and fit do you think you are? Skim the questions below. Then guess your health and fitness score from 0 (very unhealthy) to 50 (very healthy)

1. How many meals do you eat each day?  Four or five small meals  Three meals  One or two big meals  How often do you eat at regular times during the day?  Almost always  Hardly ever  3. How many servings of fruits or vegetables do you eat each day?  Five or more  One to four  None  4. How much junk food do you eat?  Very little  About average  A lot  5. Do you take vitamins?  Yes, every day  Sometimes  No	Your Food and Nutri	tion
Four or five small meals  Three meals One or two big meals One or two big meals  Almost always Hardly ever  How many servings of fruits or vegetables do you eat each day? Five or more One to four None  How much junk food do you eat? Very little About average Alot  Yes, every day Sometimes  S  Three meals S  Alot  S  Almost always S  S  S  Almost always S  S  S  S  Almost always S  S  S  S  S  S  S  S  S  S  S  S  S	1. How many meals do you	
Three meals One or two big meals  Three meals One or two big meals  How often do you eat at regular times during the day? Almost always Sually Hardly ever  Hardly ever  How many servings of fruits or vegetables do you eat each day? Five or more One to four None  How much junk food do you eat? Very little About average A lot  Tess, every day Sometimes  About Sometimes  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?  Tess of the servings of fruits or vegetables do you eat each day?	eat each day?	Points
One or two big meals  2. How often do you eat at regular times during the day?  Almost always  Usually  Hardly ever  3. How many servings of fruits or vegetables do you eat each day?  Five or more  One to four  None  4. How much junk food do you eat?  Very little  About average  A lot  5. Do you take vitamins?  Yes, every day  Sometimes  3	Four or five small meals	5
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times during the day?  Almost always  Usually Hardly ever  3. How many servings of fruits or vegetables do you eat each day?  Five or more One to four None  4. How much junk food do you eat?  Very little About average A lot  5. Do you take vitamins?  Yes, every day Sometimes  5  2  3  4  5  5  6  7  7  7  8  8  9  8  9  9  9  9  9  9  9  9  9	One or two big meals	0
Usually 3 Hardly ever 0  3. How many servings of fruits or vegetables do you eat each day? Five or more 5 One to four 3 None 0  4. How much junk food do you eat? Very little 5 About average 3 A lot 0  5. Do you take vitamins? Yes, every day 5 Sometimes 5		
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vegetables do you eat each day?  Five or more 5 One to four 3 None 0  4. How much junk food do you eat?  Very little 5 About average 3 A lot 0  5. Do you take vitamins?  Yes, every day 5 Sometimes 3	Hardly ever	0
One to four 3 None 0  4. How much junk food do you eat? Very little 5 About average 3 A lot 0  5. Do you take vitamins? Yes, every day 5 Sometimes 5		
None 0  4. How much junk food do you eat?  Very little 5 About average 3 A lot 0  5. Do you take vitamins?  Yes, every day 5 Sometimes 5	Five or more	5
4. How much junk food do you eat?  Very little 5 About average 3 A lot 0  5. Do you take vitamins?  Yes, every day 5 Sometimes 3	One to four	3
Very little 5 About average 3 A lot 0  5. Do you take vitamins? Yes, every day 5 Sometimes 5 3	None	0
Very little 5 About average 3 A lot 0  5. Do you take vitamins? Yes, every day 5 Sometimes 5 3	4. How much junk food do you ea	t?
About average 3 A lot 0  5. Do you take vitamins? Yes, every day 5 Sometimes 3		
A lot  5. Do you take vitamins?  Yes, every day Sometimes  3		3
Yes, every day 5 Sometimes 3		
Sometimes 3	5. Do you take vitamins?	
Sometimes 3	Yes, every day	5
		3
	No	

7. Which best describes your exercise program?	Points
Both weight training and aerobic exercise Either weight training or	5
aerobic exercise  None	3
8. How important is your fitness program to you?	A A
Very important Fairly important	5
Not very important	0
Your Health	
9. How often do you get a	
physical exam?	Points
Once a year	Points 5
Once a year Every two or three years	5
Once a year	5
Once a year Every two or three years	5
Once a year Every two or three years Rarely	5 3 0
Once a year Every two or three years Rarely  10. How often do you sleep well?	5 3 0



RESERVED TO SERVE	
	TOTAL POINTS
42 to 50:	Excellent job! Keep up the good work!
28 to 41:	Good! Your health and fitness are above average.
15 to 27:	Your health and fitness are a little below

14 or below: You can improve your health and fitness.

Rate yourself

**#LIVEWORKSHEETS**