

# HEALTH QUIZ



Do the quiz and find out how healthy you really are!

1. How many meals do you eat everyday?
- a. 1 meal
  - b. 2 meals
  - c. 3 meals



2. How much water do you drink everyday?
- a. 1-2 glasses
  - b. 2-3 glasses
  - c. over 5 glasses



3. How many hours do you sleep?
- a. 5-6 hours
  - b. 6-7 hours
  - c. 8-10 hours



4. How much do you exercise every week?
- a. never
  - b. 1-2 times
  - c. 3 times



5. How many glasses of milk do you drink every day?
- a. none
  - b. 1 glass
  - c. 2 glasses



6. How many bars of chocolate do you eat every week?
- a. over 7 bars
  - b. 3-2 bars
  - c. 0-2 bars



## Score:

- a. 0
- b. 1
- c. 2

### Out of shape 0-4

You're not healthy. Eat right and exercise more.

### Health friendly 5-8

You're healthy, but you can do more. Try harder.

### Healthy and fit 9-12

You're a very healthy person.