











1. Eat fruit & vegetables
2. Walk to school
3. Eat cakes & biscuits
4. Smoke
5. Drink soda
6. Watch TV
7. Do sport
8. Ride a bike
9. Go swimming
10. Go to bed early

Now do the quiz to find out if you have a healthy lifestyle. Circle the correct number. Add up the points you circled and see your total score. Read the analysis. Do you agree? Why/why not?

How often do you?

	NEVER	SOMETIMES	EVERY DAY
	0	1	2
	3	2	1
	0	1	2
	0	1	2
	0	1	2
	3	1	0
	0	1	2
	2	1	0
	0	1	2
	2	1	0
	0	1	2

Analysis

- 18 or more:** You are a very healthy person. You like to keep fit and you want to live a long life.
- 12-17:** You want to be healthy and fit, but you like food that isn't good for you, and are sometimes a bit lazy.
- 6-11:** You need to take your diet and exercise more seriously.
- 5 and under:** You are very lazy! You don't care about what you eat or do to keep fit and healthy. Be careful! Change your lifestyle before it is too late!