

How often do you...?

1 have breakfast

- a hardly ever / never
- b sometimes / usually
- c always

2 eat fresh fruit and vegetables

- a hardly ever / never
- b once a day
- c three times a day

3 eat fast food

- a often
- b sometimes, not often
- c hardly ever / never

4 do exercise

- a hardly ever / never
- b once or twice a week
- c three or four times a week

5 feel tired or stressed

- a always / often
- b sometimes
- c hardly ever / never

6 drink alcohol

- a every day
- b sometimes
- c hardly ever / never

7 see your friends

- a sometimes
- b often
- c very often

How many...?

8 hours do you usually sleep a day

- a 0 to 4
- b 5 to 6
- c 7 to 9

9 cups of coffee do you drink a day

- a more than five
- b usually only one or two
- c I don't drink coffee.

10 Which of these is true for you?

- a I'm not very positive about life.
- b I'm usually positive about life.
- c I'm always positive about life.

Now calculate your partner's score.

a = 5 b = 7 c = 10

Total score = number of years you live