

# 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).



## Your Food and Nutrition

<b>1. How many meals do you eat each day?</b>	<b>Points</b>
<input type="checkbox"/> Four or five small meals	5
<input type="checkbox"/> Three meals	3
<input type="checkbox"/> One or two big meals	0
<b>2. How often do you eat at regular times during the day?</b>	<b>Points</b>
<input type="checkbox"/> Almost always	5
<input type="checkbox"/> Usually	3
<input type="checkbox"/> Hardly ever	0
<b>3. How many servings of fruits or vegetables do you eat each day?</b>	<b>Points</b>
<input type="checkbox"/> Five or more	5
<input type="checkbox"/> One to four	3
<input type="checkbox"/> None	0
<b>4. How much junk food do you eat?</b>	<b>Points</b>
<input type="checkbox"/> Very little	5
<input type="checkbox"/> About average	3
<input type="checkbox"/> A lot	0
<b>5. Do you take vitamins?</b>	<b>Points</b>
<input type="checkbox"/> Yes, every day	5
<input type="checkbox"/> Sometimes	3
<input type="checkbox"/> No	0



## Your Fitness

<b>6. How often do you exercise or play a sport?</b>	<b>Points</b>
<input type="checkbox"/> Three or more days a week	5
<input type="checkbox"/> One or two days a week	3
<input type="checkbox"/> Never	0

**7. Which best describes your exercise program?**

<input type="checkbox"/> Both weight training and aerobic exercise	5
<input type="checkbox"/> Either weight training or aerobic exercise	3
<input type="checkbox"/> None	0

**8. How important is your fitness program to you?**

<input type="checkbox"/> Very important	5
<input type="checkbox"/> Fairly important	3
<input type="checkbox"/> Not very important	0



## Your Health

**9. How often do you get a physical exam?**

<input type="checkbox"/> Once a year	5
<input type="checkbox"/> Every two or three years	3
<input type="checkbox"/> Rarely	0

**10. How often do you sleep well?**

<input type="checkbox"/> Always	5
<input type="checkbox"/> Usually or sometimes	3
<input type="checkbox"/> Hardly ever or never	0

## Rate yourself

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