# Mental Health Quiz

Answer the following questions about your mental health and check the recommendations at the end of the quiz.

1. How often do you exercise?
   a) Regularly
   b) Sometimes
   c) Never
2. How often do you eat fruits and vegetables?
   a) Regularly
   b) Sometimes
   c) Never
3. How often do you sleep between 8 and 10 hours per night?
   a) Regularly
   b) Sometimes
   c) Never
4. How often do you feel happy?
   a) Regularly
   b) Sometimes
   c) Never



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