

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



4. How much do you exercise
every week?

- a. never
- b. 1-2 times
- c. 3 times



2. How much water do
you drink everyday?

- a. 1-2 glasses
- b. 2-3 glasses
- c. over 5 glasses



5. How many glasses of milk
do you drink every day?

- a. none
- b. 1 glass
- c. 2 glasses



3. How many hours do
you sleep?

- a. 5-6 hours
- b. 6-7 hours
- c. 8-10 hours



6. How many bars of
chocolate do you eat
every week?

- a. over 7 bars
- b. 3-2 bars
- c. 0-2 bars

