

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

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

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

- | | |
|---|---|
| ☐ Both weight training and aerobic exercise | 5 |
| ☐ Either weight training or aerobic exercise | 3 |
| ☐ None | 0 |

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

- | | |
|---|---|
| ☐ Very important | 5 |
| ☐ Fairly important | 3 |
| ☐ Not very important | 0 |



Your Health

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

- | | |
|---|---|
| ☐ Once a year | 5 |
| ☐ Every two or three years | 3 |
| ☐ Rarely | 0 |

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

- | | |
|---|---|
| ☐ Always | 5 |
| ☐ Usually or sometimes | 3 |
| ☐ Hardly ever or never | 0 |



Your Fitness

- | | |
|--|---------------|
| 6. How often do you exercise or play a sport? | Points |
| ☐ Three or more days a week | 5 |
| ☐ One or two days a week | 3 |
| ☐ 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.