

Assess Your Health Quiz

Assess Your Health

On a separate piece of paper, answer each item. Give yourself 4 points for each "almost always" response, 2 points for "some time" and 0 points for "almost never"

Health Habit

	Almost Always	Some Time	Almost Never
● <u>I exercise regularly.</u>			
● <u>I eat a variety of foods, including fruits and vegetables.</u>			
● <u>I find it easy to relax and express and my feelings.</u>			
● <u>I have close friends or relatives in whom I can confide.</u>			
● <u>I prepare for events that I know will be stressful to me.</u>			
● <u>I avoid risky behavior.</u>			
● <u>I practice good hygiene.</u>			

Scores of 23–28 means you have great health habits.

Scores of 15–22 mean your health habits are good overall, but there is room for improvement.

Scores of 7–14 indicate that many of your health habits need work.

Scores of 0–6 mean that you are taking unnecessary risks with your health.