

### Worksheet – "The year was healthy!"

Students answer the questions by putting a check in the "Yes" or "No" column. Using the point system below, compare your answers to determine how healthy you are.

Questions	Yes	No
1. Do you usually make up early?		
2. Do you usually eat in sufficient quantity?		
3. Do you usually eat vegetables everyday?		
4. Do you usually drink 8 or more glasses of water a day?		
5. Do you usually exercise every week?		
6. Do you sometimes smoke cigarettes?		
7. Do you usually eat 2-3 meals a day?		
8. Do you usually drink soft drinks everyday?		
9. Do you often instead of exercising when stressed?		
10. Do you usually go to bed late every night?		

\*The point value given in "Yes" or "No" column equals 1, 2, 3, 4, 5, and 10.

\*\*The point value given in "No" or "Sometimes" column is 0, 1 and 10.

0-10 points – Excellent! You are exercising a healthy lifestyle!

1-4 points – Good! You are getting healthy!

5-9 points – Average! You need to be a healthier person.

10-12 points – Poor! Improvement! You should strive to be healthier!