

# Healthy Habits Quiz



*Circle the answer that sounds most like you.*

## 1) Healthy Eating & Drinking

When it's time for meals and snacks, you usually:

- A) Choose water and include fruits/vegetables.
- B) Have some water and add a healthy choice most days.
- C) Pick sweet drinks or less-healthy snacks most of the time.
- D) Skip or forget healthy options.

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## 2) Movement & Activity

Most days you move your body for at least 30 minutes:

- A) Yes—every day or almost every day.
- B) On some days each week.
- C) Only once in a while.
- D) Hardly ever.

### **3) Rest & Recharge**

Your bedtime and sleep habits are:

- A) Consistent routine; screens off before bed; you wake up rested.
  - B) Pretty good, with an occasional late night.
  - C) Irregular—screens or late nights make mornings tough.
  - D) Very inconsistent—you often feel tired.
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### **4) Learning & Fun**

After school, you:

- A) Read or practice a creative hobby and keep screen time short.
  - B) Mix some reading/hobbies with screens.
  - C) Mostly choose screens and skip reading/hobbies.
  - D) Avoid both—don't feel like reading or creating.
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### **5) Social & Emotional Wellness**

When your feelings get big, you:

- A) Use a calming strategy or talk to a trusted person.
  - B) Try one strategy, and it helps sometimes.
  - C) Yell, shut down, or feel stuck.
  - D) Don't know what to do.
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## **6) School Success Habits**

For homework and classwork, you:

- A) Plan your time, stay organized, and stay focused.
  - B) Do pretty well with a reminder.
  - C) Leave tasks to the last minute or lose track of work.
  - D) Often don't finish or turn things in.
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## **7) Hygiene Habits**

Each day you:

- A) Brush teeth twice, wash hands, and keep your body clean.
  - B) Do most hygiene steps but sometimes forget.
  - C) Do some steps, but skip others a lot.
  - D) Rarely do hygiene unless reminded many times.
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## **8) Safety Habits**

When biking, crossing streets, or playing sports, you:

- A) Wear protective gear, follow rules, and speak to adults about problems.
  - B) Usually remember, with an occasional slip.
  - C) Sometimes forget gear or rules.
  - D) Often forget and take risky chances.
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## 9) Money & Responsibility Habits

With chores, belongings, and allowance, you:





- A) Complete chores, care for your things, and save part of your money.
  - B) Do two of these pretty well.
  - C) Do one of these sometimes.
  - D) Don't really do any of these yet.
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## 10) Manners

Around others, you:

- A) Use polite words, listen when others speak, and help out.
  - B) Do these most of the time.
  - C) Do these sometimes.
  - D) Rarely remember.
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## Your Results

- **Mostly A's — Healthy Hero!**  You're ready to keep leveling up.
- **Mostly B's — Habit Builder**  Great work—pick one new habit to strengthen.
- **Mostly C's — Habit Explorer**  You're learning—choose one habit to practice daily.
- **Mostly D's — Habit Starter**  Everyone begins somewhere—start small and keep going!