



What's Your Family Fitness I.Q.?

Answer the 10 statement below and total your score.

| | <u>Points for Yes/True Answer</u> |
|--|-----------------------------------|
| 1. You don't smoke and no one in your household smokes. | 15 |
| 2. You have a drug-free household. | 15 |
| 3. You exercise regularly for at least 20 minutes, at least 3 times a week (can include running, jogging, bicycling, brisk walking, swimming and other active sports). | 15 |
| 4. You have some form of daily physical activity (can include walking and using the stairs instead of the elevator). | 10 |
| 5. You leave a period of quiet time for yourself every day to relax and unwind. | 10 |
| 6. You have breakfast every day. | 10 |
| 7. You regulate your weight through healthy eating and exercise only. | 10 |
| 8. You follow good nutrition practices, such as having 5 servings of fruits and vegetables a day and limiting your intake of snack foods that are high in fats and sugars. | 10 |
| 9. You have a medical and dental checkup at least once a year. | 10 |
| 10. You are a positive role model for everyone in your household, actively encouraging them to follow the practices outlined in questions 1 through 9. | 10 |

Perfect Score: 115 – Awesome!

If your score is 105-115: Congratulations! You have a high Family Fitness I.Q. Keep you healthy lifestyle going!

For 90-105: You are on the right track to a healthy lifestyle, but you have several important points to work on.

For 60-90: Your Family Fitness I.Q. must improve. You know what you have to do, so put your mind to it today!

Below 60: Your Family Fitness I.Q. is seriously low. Your well-being may be at risk every day you delay adopting a healthy lifestyle.