CEO of your own health: QUIZ





Take our test to find out. For each completed box, you'll earn one point.

Keep an eye out for bonus rounds!

Once you have your score, check out your results.



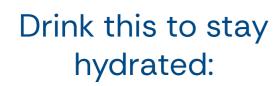


My health goal is:

Next time I go to the doctor, I will ask:

I brush and floss my teeth twice a day

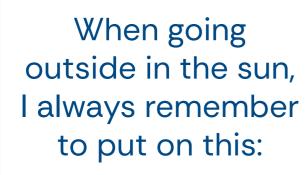
Earn an extra point if you do this without being reminded



Act out what you can do to stop the spread of germs

Earn an extra point if someone can guess what you are pretending to do

I know how to protect my personal space and privacy I only take
medicine when
given by a trusted
adult. My trusted
adult is:



When it's time to ride my bike, scooter or skateboard, it's time to wear a:

When I am tired, uncomfortable, in pain, feel sad or am overwhelmed, I ask

for help

Snack on your favorite fruit or vegetable

Earn an extra point if you have fruits and vegetables every day



Your Results:





5-10 Points



10-15 Points



KEEP GOING! YOU ARE ON THE RIGHT TRACK.

We are proud of you. You are making smart choices. Take a few more healthy steps each day and you will be unstoppable!

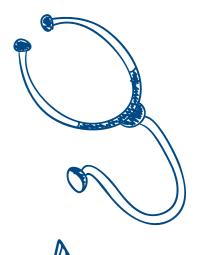
YOU ARE AN EMERGING

We're impressed! Every health decision you make helps your

decision you make helps your mind and body. Stretch to reach your goals and you can do anything!

YOU ARE A BOSS! SHARE WHAT YOU KNOW.

Whoa. Wow! You're in charge of your personal health. Keep it up and share what you've learned with others.









What is a CEO?

A Chief Executive Officer (CEO) makes decisions to ensure success at a company. You make decisions for your body, so this means YOU are the CEO of your own health. Every move you make helps you reach your goals.

