

CEO of your own health: QUIZ

Are you making the right moves for your personal health?

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 next doctor's appointment is:

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

Drink this to stay hydrated:

☐ 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 going outside in the sun, I always remember to put on this:

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:

1-5 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!

5-10 Points



YOU ARE AN EMERGING LEADER!

We're impressed! Every health decision you make helps your mind and body. Stretch to reach your goals and you can do anything!

10-15 Points



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.