

Self-Assessment Quiz : Test Your Health Habits

I get a good workout that makes me sweat, such as jogging, fast cycling, swimming, aerobics, or dancing, for 30 minutes:



1

- A) At least three to five days a week
- B) Sometimes – at least twice a week
- C) Never

I do some kind of moderate activity like walking, housework, or gardening for 30 to 60 minutes each day:

2

- A) Always – every day
- B) Often – four to five days per week
- C) Sometimes – at least twice a week
- D) Never

A serving of alcohol is 350 ml (12 oz) of beer, 45 ml (1.5 oz) of spirits, or 150 ml (5 oz) of wine. In a typical day, I drink:

3

- A) No more than one serving per day (women) or two servings per day (men)
- B) Three to four servings per day
- C) More than four servings per day

When eating, I fill my plate at least two thirds full with plant-based foods (vegetables, fruits, whole grains, and beans):

4

- A) Always – every day
- B) Often – four to five days a week
- C) Sometimes – at least twice a week
- D) Never



When cooking or eating a meal, I choose low-fat dairy (1% or skim milk or yoghurt), healthy fats (canola or olive oil), and small servings of meat (70g or less):

5

- A) Yes – one or more of the above
- B) Sometimes – one of the above
- C) Never – none of the above



I try to maintain a healthy weight by:

6

- A) Balancing the amount of activity I get with the amount and nutritional value of the food I eat
- B) Getting diet pills from my doctor
- C) Exercising for several hours each day
- D) Following a strict “diet”

I smoke or chew tobacco:

7

- A) Never or none in the past five years
- B) Sometimes – at least once a month
- C) Often – at least once a week
- D) Always – daily

If I am exposed to second-hand smoke, I:

8

- A) Remove myself from the situation
- B) Feel embarrassed to say anything, so keep quiet
- C) Open the window
- D) Think second-hand smoke can't hurt me because I am not smoking



I practice sun safety by planning activities before 11 am or after 3 pm on sunny days, seeking shade, wearing protective clothing and a hat, and applying 30+ SPF sunscreen:

9

- A) Always
- B) Often
- C) Sometimes
- D) Never



It is important for women to get regular screening for cervical cancer (Pap smears) and breast cancer (mammograms).

10

- A) True
- B) False



How Well Did You Do?

Number of A answers =

If you scored 7 – 10 points, congratulations! You have some great lifestyle habits and are avoiding risk factors that can cause many chronic diseases, including cancer.

Good going! If your score is between 5 – 6, you are getting some benefits from your lifestyle but there are some areas for improvement.

If your score was between 0 – 4 points, there are some simple changes that can improve your long-term health. Take a look through the A answers and see where you could make some changes. Use the SMART goal chart on the other side to help you get started and to keep on track.

