

Handout 3- How Healthy Are You

Interview your partner about their habits. Add up your score at the end:

1. How often do you cook?
a. Hardly ever...1 b. Sometimes... 2 c. Often 3 d. Every day 4
2. How often do you go jogging?
a. Never 1 b. Rarely 2 c. Sometimes ... 3 d. Often 4
3. Do you smoke?
a. Yes 1 b. Sometimes... 2 c. Rarely 3 d. No 4
4. How often are you stressed?
a. Always 1 b. Often 2 c. Sometimes ... 3 d. Never 4
5. How often do you watch TV?
a. Every day 1 b. Often 2 c. Sometimes ... 3 d. Never 4
6. Do you go to the gym?
a. Never 1 b. Rarely 2 c. Sometimes ... 3 d. Often 4