Healthy Habits Quiz

How can you improve your health habits?

Mental health is correlated to physical health. Answer the questions below to assess where you are with your healthy habits.

1 How much water should you drink every day?

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2 What should you eat? What should you avoid eating?

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3 Is it important to do exercise? How much exercise should you do each day?

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4 Is it important to go to bed early? How many hours should you sleep?

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5 Should you spend some quality time with the people you love? Why?

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6 Is leisure time important? What activities should you do in your free time?

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7 Is it important to use mindfulness? What are some examples of mindfulness that you can do?

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