

How did you score?

EXCELLENT 34 - 45

Congratulations! "Excellent" indicates that you have sensible habits and a lively awareness of personal health. Keep up the good work.

GOOD 46 - 55

You have a sound grasp of basic health principles. Check the weak points on your score. With a minimum of change you can develop an excellent lifestyle pattern.

RISKY 56 - 65

You are taking unnecessary risks with your health. Several of your habits are based on unwise personal choices which should be changed if potential health problems are to be avoided. Look at your test again. Start your improvements with the places you lost points.

HAZARDOUS 66+

A "Hazardous" rating indicates a high risk lifestyle. Either you have little personal awareness of good health habits, or you are choosing to ignore them. Go over your test carefully and start making some improvements right now.

Did you see any areas for improvement? The choice is yours. If you would like help, contact your local health care provider.

This quiz was developed in Canada and revised by the Alaska Department of Health and Social Services.

