

# The Healthy Habits Quiz

Take this quiz to find out how healthy your family's habits are. We recommend that you do this quiz for yourself, then complete the quiz for each family member over the age of 4 years because answers may be different.

## Healthy Eating

	Yes	No
My family starts the day with a healthy breakfast.	<input type="checkbox"/>	<input type="checkbox"/>
My family's snacks include two of the four food groups (Vegetables & Fruit, Grain Products, Milk & Alternatives, and Meat & Alternatives) from <i>Canada's Food Guide</i> .	<input type="checkbox"/>	<input type="checkbox"/>
My family's lunches includes at least three of the four food groups from <i>Canada's Food Guide</i> .	<input type="checkbox"/>	<input type="checkbox"/>
My family drinks mostly water and milk.	<input type="checkbox"/>	<input type="checkbox"/>
We limit pop, energy drinks and sugar sweetened drinks.	<input type="checkbox"/>	<input type="checkbox"/>
Each member of my family eats at least five servings of vegetables and fruit per day.	<input type="checkbox"/>	<input type="checkbox"/>
My family eats the number of servings from each food group recommended by <i>Canada's Food Guide</i> .	<input type="checkbox"/>	<input type="checkbox"/>
My family eats at least three meals together per week.	<input type="checkbox"/>	<input type="checkbox"/>
I am a role model for my children. I have a positive attitude towards healthy eating.	<input type="checkbox"/>	<input type="checkbox"/>

## Active Living

My children get 60 minutes of moderate activity (like brisk walking, bike riding) and 30 minutes of vigorous activity (like running, soccer) every day.	<input type="checkbox"/>	<input type="checkbox"/>
My children play outside when they can.	<input type="checkbox"/>	<input type="checkbox"/>
I encourage my children to try different physical activities.	<input type="checkbox"/>	<input type="checkbox"/>
My children have fun while being active.	<input type="checkbox"/>	<input type="checkbox"/>
My children watch less than 2 hours per day of screen time (like TV, computer, video games).	<input type="checkbox"/>	<input type="checkbox"/>
My family does something active together most days.	<input type="checkbox"/>	<input type="checkbox"/>
I am a role model for my children. I have a positive attitude towards physical activity.	<input type="checkbox"/>	<input type="checkbox"/>

## Healthy Sleeping

My children get between 10-11 hours of sleep per night.	<input type="checkbox"/>	<input type="checkbox"/>
I keep TVs, computers and cell phones out of my children's bedrooms.	<input type="checkbox"/>	<input type="checkbox"/>
I am a role model for my children. I have a positive attitude towards sleep.	<input type="checkbox"/>	<input type="checkbox"/>

For every "yes" answer, give yourself a reward. You're making healthy choices! For every health habit that you checked "no" to, choose one that you would like to change. Set a **SMART** goal. Visit [www.dailythingscount.ca](http://www.dailythingscount.ca) to find tips to help reach your goal. And remember, it's the daily things that count!