

Respecting and taking care of yourself as a team responsibility

Resource sheet 2

Health and Fitness - Quiz

Scoring

The correct answers for each question are:

Question 1: b)

Question 2: a)

Question 3: b)

Question 4: c)

Question 5: a)

Question 6: c)

Question 7: b)

Question 8: b)

Question 9: c)

Question 10: a)

How did you do?

0-3: You really need to sort your fitness out. You may feel fine now but your lifestyle and diet will catch up with you in the end.

4-7: You're doing pretty well but if you really want to get fit and healthy you've still got a bit of work to do

8-10: Keep up the good work! If you carry on like this you'll stay fit and healthy.