



How Healthy Are You? — Self-Reflection Quiz (Ages 14–18)

This quiz is for you to think critically about your real habits—not what you wish they were. Be brutally honest. Your health starts with self-awareness.

1. How often do you feel mentally sharp and focused throughout the day?

- Almost never — my brain feels foggy or tired most of the time
 - Sometimes — depends on sleep, food, or stress
 - Most days — I can stay focused when I need to
 - Nearly always — I feel mentally sharp, even during long days
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2. When your mood tanks or you're stressed, what's your usual go-to?

- Zone out on my phone or gaming for hours
 - Complain or snap at people around me
 - Get outside, breathe, or move my body
 - I actually notice early and try to fix it before I spiral
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3. How would you rate your sleep habits—truthfully?

- What sleep habits? I stay up way too late regularly
 - It varies — some nights are okay, others a mess
 - I mostly prioritize sleep, even if life gets busy
 - I defend my sleep like it's my secret weapon
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4. How often do you go through an entire day with barely any water?

- Most days — I forget or just don't care
- Some days — I get distracted and realize it later

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- Rarely — I carry water with me or hydrate regularly
 - Never — hydration is part of how I stay sharp
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5. If you skip meals or eat mostly junk food, how does your body react?

- I barely notice — I run on caffeine and snacks
 - I get tired or cranky but push through
 - I feel it — my energy, focus, or mood definitely drop
 - I avoid skipping meals because I know the consequences
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6. How does your body feel after sitting for hours?

- Totally normal — I could sit all day without noticing
 - A little stiff or tired but not a big deal
 - Sluggish, unfocused, or drained — I know I need to move
 - I break up sitting with movement because I notice the difference
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7. When was the last time you felt genuinely strong, energized, and healthy?

- I honestly can't remember
 - A while ago, but not recently
 - I have moments like that, depends on my choices
 - Pretty often — I work to feel that way
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8. How do you usually handle stress?

- Ignore it until I crash
 - Procrastinate or distract myself
 - I try to manage it — breathing, breaks, or movement
 - I have legit stress tools that I actually use
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9. If you suddenly had to run a mile, how would that go?

- Total disaster — I'd probably fake an injury
 - Struggle through but survive
 - Not ideal, but I could do it
 - Easy — I maintain decent endurance
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10. How connected do you feel between your brain and your body?

- They feel totally separate — I ignore my body signals
 - I notice things but often dismiss them
 - I'm learning to pay attention and adjust
 - I feel tuned in — I catch early signs and act on them
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11. Your typical day involves:

- Skipping meals, staying up late, glued to screens
 - A mix — some good choices, some unhealthy patterns
 - Being intentional with food, sleep, movement, and stress
 - Prioritizing health daily because I see the benefits
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12. When you hear “health,” what comes to mind?

- Boring rules and restrictions
 - Something I'll deal with later
 - Feeling good, having energy, being strong
 - The foundation for my goals and confidence
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13. Real talk — if you stay on your current path, how will your health look in 5 years?

- Worse — I know my habits are off
- About the same — some good, some bad

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- Better — I've started building smart habits
- Way better — I'm actively investing in my future health