

NHS Healthy Choices Quiz.

Read the info below and if this is of interest click on the link and then **start the quiz** to take part.

https://www.nhs.uk/better-health/healthy-choices-quiz/?WT.mc_ID=Partnerships_Toolkit&wt.tsrc=affiliate

Healthy Choices Quiz

⌚ 5 minute quiz

Completely free

How healthy is your lifestyle? Take the quiz to find out!

You'll get NHS apps and advice to show you how to make changes where they matter most.

Start quiz



How it works



Answer questions

We'll ask about 6 areas of your lifestyle.



Get your result

This includes a score out of 10 and a summary of how you did in each section.



Get recommended apps and advice

They can help you make a change that lasts!



Email your Result (optional)

You'll also get motivational emails, focused on your areas to improve, if you score a 9 or less.

What we'll ask about

The quiz asks about eating, alcohol, movement, smoking and vaping, your mental health and sleep.

This isn't a medical assessment. We won't ask for any personal health details, like your weight or blood pressure, or your medical history.



Eating



Alcohol



Movement



Smoking and
vaping



Mental health



Sleep

Who can take the quiz

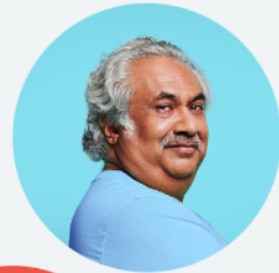
This quiz is for adults aged 18 and over.

Do not use this quiz if you:

- are aged 17 and under
- have an existing health condition, like diabetes or heart disease

If you're worried about your health, speak to a GP.

If you're pregnant, speak to a midwife or GP about this quiz. You can also visit the [NHS Best Start in Life website](#) for advice and support during pregnancy and for when your little one arrives.



[Start quiz](#)