Listen to Beth asking Nick the questions.
Calculate nick's score. Then find out your score.





Find the audio at the following link:

https://drive.google.com/file/d/1QfVUABydOT4Ktv22bCKGaMiMrkGwrcs]/view?usp=sharing or scan the QR code:

• HOW OFTEN DO YOU EAT CHOCOLATE OR SWEETS?

- a) Every day (0 points)
- b) Once or twice a week (1 point)
- c) Once or twice a month (2 points)
- d) Once or twice a year (3 points)

2 HOW OFTEN DO YOU EAT FRUIT OR GREEN VEGETABLES?

- a) Once or twice a year (0 points)
- b) Once or twice a month (1 point)
- c) Once or twice a week (2 points)
- d) Every day (3 points)

3 HOW MANY HOURS' SLEEP DO YOU USUALLY GET A NIGHT?

- a) 1-5 hours (0 points)
- b) More than 12 hours (1 point)
- c) 6-8 hours (2 points)
- d) 9-12 hours (3 points)

4 HOW OFTEN DO YOU PLAY SPORT OR TAKE EXERCISE?

- a) Once or twice a year (0 points)
- b) Once or twice a month (1 point)
- c) Once or twice a week (2 points)
- d) Every day (3 points)

6 HOW MANY HOURS A DAY DO YOU SPEND WATCHING TV OR VIDEOS?

- a) More than 5 hours (0 points)
- b) 4-5 hours (1 point)
- c) 2-3 hours (2 points)
- d) 0-1 hour (3 points)

Total score:			
NICK:	points		
ME:	points		

Question numbers	Nick's answers	Your answer	Eat breakfast every morning.	Eat fruits or vegetables at my meals and snacks
0			I CAN:	
0			Drink low-fat milk and water every day and limit soda and juice to	Limit t.v. screen time to less than 2 hours and
€		1	special occasions.	be active on most days of the week.
•				
6]	