



BMI Quiz

1. Body Mass Index (BMI) measurement is an inexpensive and easy screening method for weight classification – underweight, healthy weight, overweight, and obese.
 - a. True
 - b. False
2. When trying to lose weight, _____ increases the number of calories your body uses for energy or “burns off”.
 - a. Eating fruits & vegetables
 - b. Engaging in physical activity
 - c. Eating lean meat
 - d. All of the above
3. Which of the following is not considered a Moderate physical activity?
 - a. Walking briskly (a 15-minute mile)
 - b. Swimming laps in a pool
 - c. Biking at a casual pace
 - d. Actively playing with children
4. People with which chronic disease should talk to their medical provider to determine the appropriate types and amount of physical activity that is recommended.
 - a. High blood pressure
 - b. Arthritis
 - c. Diabetes
 - d. All of the above
5. You may think your favorite beverage is a low calorie or no calorie beverage. Which of the following ingredients is still a high calorie sweetener?
 - a. Dextrose
 - b. Fruit juice concentrate
 - c. Fructose
 - d. All of the above

3 SMART Goals I am going to change in the next year to **improve BMI**...

- 1.
- 2.
- 3.

SMART Goals are part of every aspect of business/life and provide a sense of direction, motivation, a clear focus, and clarify importance. By setting goals for yourself, you are providing yourself with a target to aim for. A SMART goal is used to help guide goal setting. **SMART is an acronym that stands for **Specific, Measurable, Achievable, Realistic, and Timely**. Therefore, a SMART goal incorporates all of these criteria to help focus your efforts and increase the chances of achieving your goal.**

Signature _____ Printed Name _____ Date ____/____/____