

5C COMMUNICATIVE How old is your body?

15
52
45

What's your body age?

23

41

Do the questionnaire and find out!

Exercise

- 1 How much exercise or sport do you do?
a) a lot b) quite a lot c) very little d) none

Diet

- 2 How much fast food (processed and pre-prepared) do you eat?
a) I eat too much b) I eat quite a lot c) I don't eat much d) I don't eat any
- 3 How many portions of fruit and vegetables do you eat per day?
a) 5 or more b) 3 or 4 c) 2 or less
- 4 How much water do you drink?
a) a lot b) quite a lot c) a little
- 5 What's your worst dietary habit?
a) I eat too much fat b) I eat (or drink) too many sweet things
c) I eat (or drink) too much d) none of these

Lifestyle

- 6 How would you describe yourself mentally?
a) I'm a positive person b) I'm not positive enough c) I'm quite negative
- 7 How would you describe your stress level?
a) I'm too stressed b) I'm stressed but it's under control c) I'm quite relaxed
- 8 How often do you use sunscreen?
a) when it's sunny b) only when I'm on holiday c) every day
- 9 How often do you see your close friends?
a) very often b) quite often c) not enough
- 10 How much time do you have for yourself?
a) none b) not enough c) quite a lot

FOLD

Your body age

Start with your calendar age. Add (+) or subtract (-) years according to your answers.

1	a-2	b-1	c 0	d+1	5	a+1	b+1	c+2	d 0	9	a-2	b-1	c+2
2	a+2	b+1	c 0	d-1	6	a-3	b+1	c+2		10	a+2	b+1	c-2
3	a-2	b-1	c+1		7	a+3	b 0	c-2					
4	a-2	b-1	c+1		8	a-2	b 0	c+1					