



# New Year, New You! Resolution Quiz

Can you start the year with healthy, kind, and smart choices?

Answer these questions to see how ready you are to make the New Year your healthiest, happiest year yet!

What is one healthy habit you want to try this year?

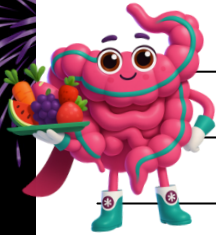
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What's something you can eat more of to stay strong and full of energy?

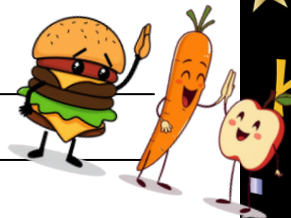
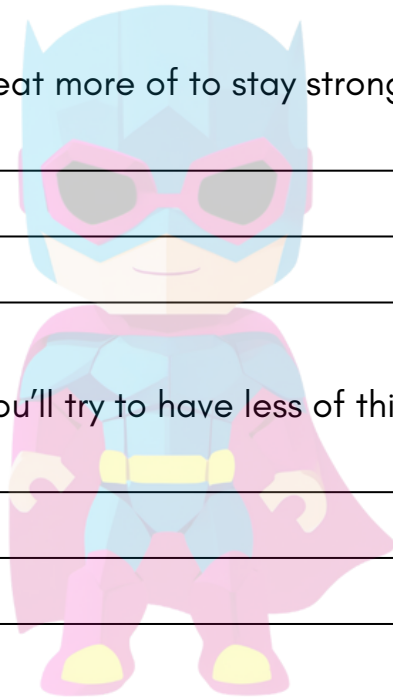


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What is one food or drink you'll try to have less of this year?



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What's your favourite way to move your body or be active?



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How can you make sure you get enough sleep to grow and feel good?

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Happy New Year!

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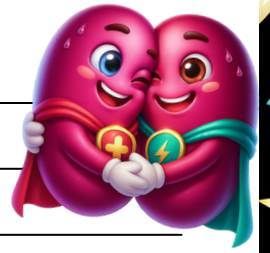
year!

What's one way you can be kind to someone this year?

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What's one thing you'll do to look after your mental health or feelings?



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How can you help someone in your family, school, or community this year?

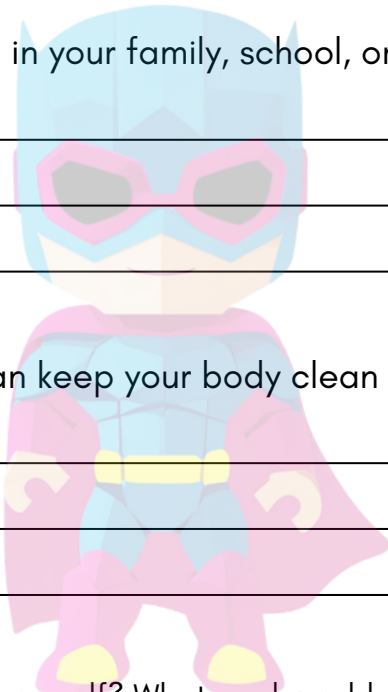


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What are some ways you can keep your body clean and healthy every day?

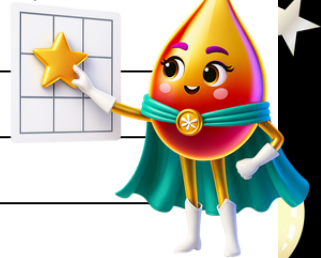


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What makes you feel proud of yourself? What goal would make you feel even prouder?



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✨ **Create your New Year's Good Choices Pledge!**

Write down 3 promises you want to keep this year to stay healthy, happy, and kind.



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year!