

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Which federal agency offers recommendations for the amount of exercise we should get?	2 To calculate your Body Mass Index (BMI) you must know these two numbers:	3 True or False: Stress can negatively impact your physical health.	4 True or False: Exercise boosts your metabolism long after you stop.	5 Physical inactivity is a contributing factor for several diseases. Name one:	6 Name two (or more) aspects of wellness as defined by the CDC:	7 Name one way meditation has been found to improve health:
8 Which international organization provides this definition of health: "a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity"?	9 How many years of education do pharmacists receive?	10 Does medication look different based on strength?	11 Name one basic difference between prescription and OTC medications:	12 Why do you take a medication?	13 True or false: Anyone can buy any over-the-counter medication.	14 True or false: Since OTC medicines are commonly available you can assume they are safe.
15 Every day in the U.S., more than 130 people die after overdosing on this prescribed painkiller:	16 What is the main purpose of an airbag?	17 True or False: Car accidents are the leading cause of death for U.S. teens.	18 Using the seatbelt as a guide, when does a child no longer need a safety seat?	19 What is the safest type of shoe to wear when biking?	20 True or false: You cannot get a concussion while wearing a helmet.	21 When speaking of transportation planning, what does the acronym TOD stand for?
22 Name one group of people most at risk to die as a pedestrian:	23 Which of the following foods isn't included in the 2-hour rule? Chips, pizza, or a ham & cheese sandwich?	24 How many calories does a gram of fat provide?	25 Name one factor that may contribute to high cholesterol:	26 Name one factor to consider when determining your suggested caloric intake?	27 True or false: Fast food consumption typically gets more frequent with age.	28 Which federal agency is responsible for the MyPlate program?
29 What is the difference between a serving and a portion of food?	30 Name a food commonly associated with outbreaks of food poisoning:					