ACTIVIA GUT HEALTH LIFESTYLE QUIZ

c. Not at all

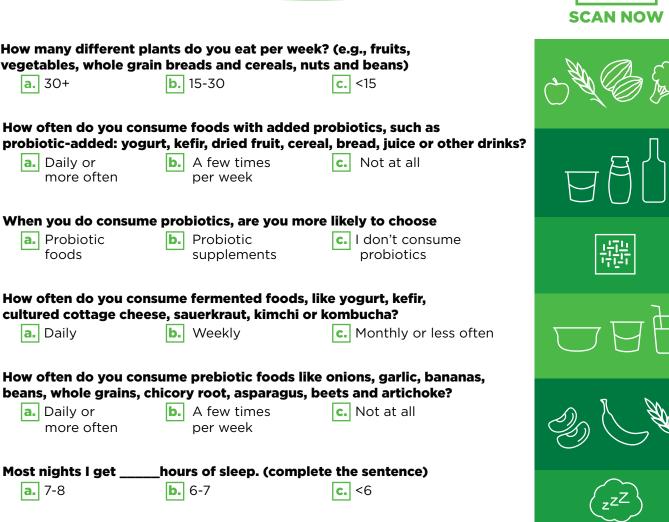
c. Monthly or less often

Take our quiz to find out if you're living a healthy gut lifestyle!



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1.	How many different plants do you eat per week? (e.g., fruits, vegetables, whole grain breads and cereals, nuts and beans)			
	a. 30+	b. 15-30	c. <15	
2.	How often do ye	ou consume foods with ac	dded probiotics, such as	



3.	When you do consu a. Probiotic foods	me probiotics, are you me b. Probiotic supplements	c. I don't consume probiotics
4.	How often do you co	onsume fermented foods,	like yogurt, kefir,

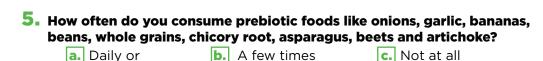
cultured cottage cheese, sauerkraut, kimchi or kombucha?

b. Weekly

b. A few times

per week





per week



6. Most nights I get ____hours of sleep. (complete the sentence)

a. 7-8 **b.** 6-7 **c.** <6 7. How many days per week do you get at least 30 minutes of



moderate intensity exercise? **b.** 3-4 **a.** 5+ **c.** 0-2



8. Do you have some form of activity you practice regularly relax? (Examples: breathwork, journaling, hobbies, reading, listening to or playing music, time with family and friends).

b. Occasionally

b. No



9. How often do you meditate or practice mindfulness?



a. At least 10 minutes per day

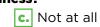
a. Yes

a. Daily or

a. Daily

more often

more often





10. How many 8-ounce glasses of water do you consume per day?

