








Mission Fit Possible (K-2nd) Post Test

Identifier:

Question	Circle the Best Answer				
1. How old are you?	4	5	6	7	8
2. How many hours should you sleep every night?	6 hours			10 hours	
3. Which one is healthier?					
4. How long should you be physically active each day?	0 minutes	20 minutes	60 minutes		
5. What is a good way to change your mood?				All of them	
6. Which one is a healthy drink?					
7. How many times per year should you visit a dentist?	0 times	1 time	2 times		
8. What are three ways to keep your mouth healthy? (Write in your answers.)	1. _____ _____	2. _____ _____	3. _____ _____		