

## [RETIRED] ANALYZE: Personal Health and Finance Quiz

We have retired this resource. You may continue using it, but we are no longer monitoring or updating its content. Visit [www.ngpf.org](http://www.ngpf.org) for newer resources.

Improving your health and personal finances starts with daily management practices. [This quiz by Rutgers University](#) assesses your current daily activities. Take the quiz by choosing the response that best describes how frequently you perform health and financial management practices.

1. What was your Health Score? What does this mean?

2. What was your Finance Score? What does this mean?

3. Name three ways you could improve or maintain the health management practices in your life.

  

4. How do you think your overall health might affect your finances in a positive way?

5. How do you think your overall health might affect your finances in a negative way?

6. Which questions were difficult for you to answer? Why were they difficult?

7. What questions would you add to this quiz? Create a list of five additional questions that could be added to this quiz to evaluate the correlation between your personal health and financial health.

1.

2.

3.

4.

5.