

## Stay Healthy with the NHS Healthy Choices Quiz

As part of our **Every Day Counts** campaign, we're encouraging everyone to take small, positive steps towards better health. One simple way to do this is by taking the **NHS Healthy Choices Quiz**.

Meet *Kenny the Healthy Choices hamster*, your guide through this quick and easy quiz! It's designed to help you reflect on your lifestyle across six key health themes and gives you a score out of 10. It only takes a few minutes to complete and could be a great starting point for making positive changes.

### What does the quiz cover?

The quiz looks at important areas of everyday health and wellbeing, helping you to:

- Think about your current habits
- Identify what's going well
- Spot areas where small changes could make a difference



Once you've completed the quiz, you'll be signposted to free, trusted NHS digital tools and resources tailored to your results — giving you practical support if you'd like it.

### Why take part?

Staying healthy doesn't mean making big changes overnight. Often, it's the small actions we take each day that really count. Whether it's improving sleep, being more active, eating more balanced meals, or managing stress, understanding where you're starting from can help you move forward with confidence.

Taking the quiz is:

- Quick
- Confidential
- Free
- Backed by the NHS

### Ready to get started?

Take a few minutes today to check in with your health.

[Start the NHS Healthy Choices Quiz](#)