

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Lesson 25: Finding Vision HS Assessment

1. Which of the following is critically important for consistent success in any area of life?
  - a. Talent
  - b. Hard work
  - c. A plan
  - d. Luck
2. What do you need to build a sturdy, beautiful home?
  - a. Advanced tools
  - b. A blueprint
  - c. A construction team
  - d. A lot of money
3. Scholastic success is unlikely without which two key elements?
  - a. Luck and timing
  - b. Routines and processes
  - c. Talent and intelligence
  - d. Ambition and motivation
4. Which of the following outcomes does NOT happen by accident?
  - a. Winning the lottery
  - b. A healthy lifestyle
  - c. Good fortune
  - d. Finding a new job
5. Strength, stamina, and flexibility are examples of:
  - a. Financial outcomes
  - b. Health outcomes
  - c. Social outcomes
  - d. Career outcomes
6. Achieving desirable health outcomes requires:
  - a. A strict diet
  - b. A sustainable plan
  - c. Constant exercise
  - d. Natural talent
7. "When we fail to plan, we \_\_\_\_\_."
  - a. Fail to win
  - b. Succeed anyway
  - c. Plan to fail
  - d. Struggle to grow

8. Rapid results marketing tactics include promises like:
- a. "Lose 20 pounds fast!"
  - b. "Improve your health slowly!"
  - c. "Transform your life in 6 months!"
  - d. "Gradual muscle building!"
9. Which of the following is often NOT addressed in ads promoting rapid results?
- a. Root causes
  - b. Temporary benefits
  - c. Short-term pain relief
  - d. Fast changes
10. Substantial positive changes in health usually occur over a period:
- a. Of days
  - b. Of months or years
  - c. That is shorter than marketed
  - d. Of immediate time
11. What is often a better and more sustainable approach to improving health?
- a. Incremental changes over months and years
  - b. Fast results in weeks
  - c. Intensive one-week fitness plans
  - d. Following the latest fitness trend
12. Which of the following is a recommended activity to maintain an active lifestyle?
- a. Joining a group fitness class
  - b. Spending time watching TV
  - c. Working long hours without breaks
  - d. Eating fast food
13. Training with a friend helps by:
- a. Reducing workout time
  - b. Making exercise more fun and keeping you accountable
  - c. Pushing you too hard
  - d. Allowing more frequent rest days
14. Joining a sports team adds what to your weekly routine?
- a. More competition
  - b. Unpredictable scheduling
  - c. Structured, scheduled exercise
  - d. Financial burden
15. When maintaining a nourishing diet, why should you schedule an appointment with a nutritionist?

- a. To get a personalized plan for your goals
  - b. To join a dieting competition
  - c. To try the latest health fad
  - d. To eliminate all carbs from your diet
16. Why is it beneficial to cook more meals at home?
- a. It allows for more calorie control
  - b. It saves money
  - c. It helps control your nutrition
  - d. All of the above
17. What type of foods should you prioritize for a nourishing diet?
- a. Processed foods
  - b. Whole and minimally processed foods
  - c. Packaged snack foods
  - d. Fast foods
18. Staying hydrated can be achieved by consuming:
- a. Sugary drinks
  - b. Processed food
  - c. Water and electrolyte-rich foods like fruits and nuts
  - d. Energy drinks
19. Which of the following helps maintain sleep consistency?
- a. Staying up late
  - b. Random sleep patterns
  - c. Scheduling a consistent bedtime
  - d. Eating a heavy meal right before bed
20. What is one effective way to experience refreshment and joy while maintaining rest and recovery?
- a. Playing video games late into the night
  - b. Serving the needs of others through volunteering
  - c. Working long hours without breaks
  - d. Taking multiple naps a day

### **Answer Key**

1. (C)
2. (B)
3. (B)
4. (B)
5. (B)
6. (B)
7. (C)
8. (A)
9. (A)
10. (B)
11. (A)
12. (A)
13. (B)
14. (C)
15. (A)
16. (D)
17. (B)
18. (C)
19. (C)
20. (B)