

Your father hates jogging so he refuses to work out.

Youth A

A child loves the taste of sugar, so he eats as many candies as his mom allows.

Youth A

A college student got sick from bad tomatoes once. Now he won't eat tomatoes unless they're in spaghetti sauce.

Youth A

A teenager got only 4 hours of sleep, so she consumes energy drinks for an energy boost.

Youth A

Your mother desires to lose weight, so she has begun exercising 30 minutes a day.

Youth A

A teenage girl learns how to properly read nutrition labels, so she begins doing this each time she buys a snack in the store.

Youth A

A teenage girl is in the habit of stopping by a fast food restaurant each day on her way home from school.

Youth A

You believe that reflective strips look goofy, so you refuse to wear reflective clothing when running late at night.

Youth A

Your parents pack your school lunch every day and always include your favorite fruits and vegetables.

Youth A

Your Girl Scout or Boy Scout troop makes sure lights out occurs at 10 p.m. each night to ensure that teens get enough sleep.

Youth A

Your basketball team provides only sports drinks, like Gatorade or PowerAde, during games.

Youth A

Your 4-H club always includes a physical activity at meetings.

Youth A



Whenever a group of friends hangs out, they eat potato chips, popcorn, and candy while watching movies.

Youth A

You and your friends decide to start swimming at your YMCA every weekend.

Youth A

Your friends never wear seatbelts when driving. You choose not to wear your seatbelt when driving with them because you don't want to feel out of place.

Youth A

At family reunions, your grandma always makes and serves her famous cinnamon rolls for dessert.

Youth A

Public schools in your county decide to serve fresh fruits and vegetables from local farmers.

Youth A

Your neighborhood YMCA installs free water bottle filling stations.

Youth A

Your school has removed physical education from the class schedule due to budget cuts.

Youth A

Your county 4-H requires all youth taking bike projects to wear helmets.

Youth A

Your town park holds weekly recreation days at which community teenagers can participate in soccer, volleyball, and kickball.

Youth A

State Fair project judging begins at 8 a.m. Because you have a 2 hour drive, you wake up early and get only get 4 hours of sleep.

Youth A

Your apartment complex does not have a sidewalk leading to the pool, laundry room, or business office, discouraging walking by residents.

Youth A

The U.S. Department of Health and Human Services releases a series of commercials encouraging youth to get at least 8 hours of sleep each night.

Youth A

Companies market sugary snacks specifically to teenagers.

Youth A

Your town passes a bill to fund the creation of a new bike path.

Youth A

Citizens in a California county vote to place a small tax on beverages high in sugar.

Youth A

Laws require food companies to list their ingredients on the product labels for people to read.

Youth A

Laws require us to wear seatbelts to prevent the number of injuries and deaths from accidents.

Youth A

Your community votes to increase a levy that funds physical education classes at your high school.

Youth A

A law requires public schools to serve healthy meals that include fruits and vegetables.

Youth A

The vendors at your county fair sell only deep-fried foods.

Youth A