

# Are you Crunchy, Scrunchy or Silky?

Select the answer that most closely aligns with your lifestyle.

Follow the instructions on page 3 to grade your quiz – don't peak ahead!

- 1) Cleaning
  - (a) I make all of my own cleansers with essential oils
  - (b) I use organic non toxic products and reusable cloths
  - (c) I use a mix of things and try to reduce my use of paper towels but it's not really important to me
  - (d) BLEACH ALL OF THE THINGS!
  
- 2) Beauty products
  - (a) does coconut oil count?
  - (b) I use organic and non-toxic products exclusively
  - (c) I swap out for safer products here and there, but I like what I like
  - (d) I have a sephora credit card and do not give a crap what is in those spectacular products
  
- 3) Hair washing
  - (a) I have dreads
  - (b) I use organic, non toxic shampoo
  - (c) I use the no-poo method
  - (d) I use regular shampoo and conditioner
  
- 4) Eats
  - (a) I'm a vegan who eats primarily what I grow myself
  - (b) I try to limit my animal proteins and buy organic, non-GMO almost exclusively
  - (c) I will buy organic when it's on sale, but it's not a big priority
  - (d) I don't believe in organic - the pesticides make it look more delicious
  
- 5) Shopping – You need to grab some veggies for your salad, do you:
  - (a) I go to my garden in my backyard
  - (b) I head to the local farmer's market
  - (c) I find the nearest Whole Foods or other specialty grocery store
  - (d) I go to whatever grocery store is closest
  
- 6) Laundry time!
  - (a) I use a homemade or special non-toxic laundry detergent (Like Molly's Suds)
  - (b) I use an organic detergent like seventh Generation
  - (c) I hand wash and hang dry wherever possible
  - (d) Tide and Downy – gotta smell good!

7) Recycling Compositing

- (a) I rarely use products that can't be recycled or create waste and have a compost pile
- (b) I use reusable coffee and water cups and recycle everything I can I recycle at home for sure, but it's hard to remember my reusable grocery bags and cups... so sometimes I don't
- (c) we have a recycle bin...

8) Health - when you are sick

- (a) I diffuse essential oils
- (b) I'll try all holistic medicine/remedies I can before resorting to going to the doctor
- (c) I'm not going to pop a pill for any old thing, but OTC medicine can be a lifesaver
- (d) sniffle sniffle "call 911!"

9) Fitness

- (a) I practice yoga and mindful meditation everyday
- (b) I make time for fitness and especially yoga - it's very important to me
- (c) I dabble in different fitness programs here and there
- (d) shopping is my cardio

10) Transportation

- (a) I ride my bike every where I can but if I must, I drive a car that runs on vegetable oil
- (b) public trans where ever possible!
- (c) hybrids4lyfe!
- (d) Love my car!

## Scoring

- 3 points for every a
- 2 points for every b
- 1 point for every c
- 0 points for every d

## Results

- 0-12 points Silky
- 13-24 points Scrunchy
- 25-36 points Crunchy

*Do you agree with your results?*

*Share them with us!*