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Who are these people who get 100% in Trivia?

Sunday, October 14, 2012

Not just for 1 day, but for a whole month! After 3 years of lurking on SP, reading and learning, and 150 weeks of maintenance, I thought I was pretty knowledgeable about food, fitness and health. After 1 month being active here, it turns out that I'm about 66% knowledgeable. I've got a D average. Looking at the results board, I'm on the last page, page 6.

Regardless of my score, I like this activity.

I started out this morning with 2 questions right. Maybe this is the day I'll get 100%?

Next question:

The same 2 bacteria cultures are used to make all yogurts (T/F)

I eat a LOT of yogurt, about 12 oz every day and I got it wrong.

Next question

How often to get blood pressure checked if HEALTHY?

I know that high BP is called the "hidden killer" and I know a lot of people consider themselves healthy when they're not and I know people who avoid doctors for a lot of reasons, so the answer "Everytime you see your doctor" was a surprise to me.

Finally #3 correct since I know how long it takes to begin to lose muscle strength if you stop ST. I'm an on again/off again ST person.

3 of 5 = 60% Damn it!

This morning the Trick or Treat Quiz on the Start Page caught my attention. Let's see what I know about candy. The result: 6 of 9 correct.

It seems like I'm still stuck with a D average. Like an underachieving student, I could drop out at this point and just not participate anymore, but as the trivia page says, "even when you're wrong, you're learning." So that's what I'll continue to do. I didn't quit during my slow, slow weight loss journey and it's fun to start my day this way.

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CD4114015

I DO agree with you...how DOES someone get 100% all-time score????



It ain't me! I already blew it!
2394 days ago



BOILHAM

I wondered this also. Finally found out it's easy to cheat. As others have said- just do a google search.



In a separate browser tab, do your search by copying and pasting the question. Then go back to the quiz and check off the correct answer.



3164 days ago



ROSEWAND

Do not worry about it. Lots of the answers are based on one prospective and I do not even always agree with that prospective.



I use for extra points when I need them for the bonus wheel. And IMO, that is the only reason I use it.

3165 days ago

Comment edited on: 10/14/2012 2:25:35 PM



HANSBRINK

Yes, there is a way to game the system. Do a sparkpeople web search with terms from the question and you can find the correct answer.



My suggestion is to use the trivia as a way to reinforce what you've read in the Sparkpeople articles. Don't grade yourself.

3165 days ago



SUZYMOBILE

I gave up on trivia when I discovered that I'm so lousy at it that I miss the same questions multiple times. And they do show up multiple times. I stuck with it for a while, though, because I don't LIKE never getting 100! Grrr. I tried gaming the system. I tried to cheat. I figured those who got 100 must be doing that somehow. Then I just ... quit.



Don't feel bad about the candy quiz. I only got 3 correct, maybe because I don't care about Halloween candy. Not a weakness of mine, thank God.

The important thing is that you know maintenance! I wonder how many of those who get 100 are even in maintenance?

3165 days ago



WILSONWR

I agree - I feel I'm lucky to get 72% in a month. A lot of "trick" and "obscure" questions.



3165 days ago



MISCHAKEO

I am going to have to look for that. It sounds fun..I am suspecting a low score also. How long does it take to lose muscle if you don't strength train?



Great job on 150 weeks of maintenance!
3165 days ago



CELIAMINER

Swede_Su has it. I use Trivia as a learning experience, so if I don't know the answer, I look it up. No one said Trivia had to be a closed-book test. If I haven't read the article I look up, then I read it and get my 3 points for the article, too. And still, I miss one sometimes.



3165 days ago



SWEDE_SU

there's only one way - to google the answers. it's not a test of what you know, but what you learn! and i still blow it...



3165 days ago



MJZHERE

Lol. I thought trivia was the standard trivia that I always know almost nothing so I never even clicked on the link. Now nutrition that is a different story I thought - till I came to sp and learned about bmr (which I knew nothing) and found out I was undereating (ok, I confess this hasn't been the first time but now older knowing I am not immortal i had "fresh" eyes to learn about it). I didn't read the whole blog - will come back after I try out trivia - didn't want to see the answers ahead :)
3165 days ago



ROX525

LOL. I am excited to do the Trivia and when I get one wrong, it is "Darn it" and then when you get one wrong, it is 3 out of 5! Darn it.
3165 days ago



CD13215425

I wonder the same thing!! I just did my trivia and got the first 2 right also!! Then 6 wrongs later I finally got my third!
3165 days ago



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