DAISY WHEEL PROGRAM
FUN QUIZ

1 Why was The Get In Touch Foundation's Daisy Wheel Program created?

_____

_____

_____

2 Think of your breast as what type of flower?_____

3 How many tips are there on the Daisy Wheel? _____
3A BONUS QUESTION: What is the 9th tip of the daisy wheel app? _____

4 When you put your hands on your (circle one): Neck | Shoulders | Hips, the position of your breasts change.

5 Which parts of your fingers are used when performing a breast self-exam? (circle one): All of them | Finger pads | Index and middle fingers

6 When you perform a breast self-exam, it should never _____.

7 List in order the three types of pressure to use when performing a breast self-exam.

_____

8 You should move your fingers in a _____motion when doing a breast self-exam.

9 If you notice something different during a breast self-exam, what should you do?

_____

_____

10 Where will you do your breast self-exam? _____

Name _____ Date _____

1 Why was The Get In Touch Foundation's Daisy Wheel Program created?
To teach the importance of and how to do a breast self exam- for life!

2 Think of your breast as what type of flower? **Daisy**

3 How many tips are there on the Daisy Wheel? **Eight (8)**
3A BONUS QUESTION: What is the 9th tip of the daisy wheel app?
Download the free Daisy Wheel App.

4 When you put your hands on your (circle one): Neck | Shoulders | **Hips,**
the position of your breasts change.

5 Which parts of your fingers are used when performing a breast self-exam?
(circle one): All of them | **Finger pads** | Index and middle fingers

6 When you perform a breast self-exam, it should never **hurt**.

7 List in order the three types of pressure to use when performing a breast self-exam.
Light, Medium, Firm

8 You should move your fingers in a **circular** motion when doing a breast self-exam.

9 If you notice something different during a breast self-exam, what should you do?
Tell a trusted adult

10 Where will you do your breast self-exam? **In the shower. In my bedroom.**
In front of a mirror. In a private setting. Accept all reasonable answers.

Name _____   Date _____

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