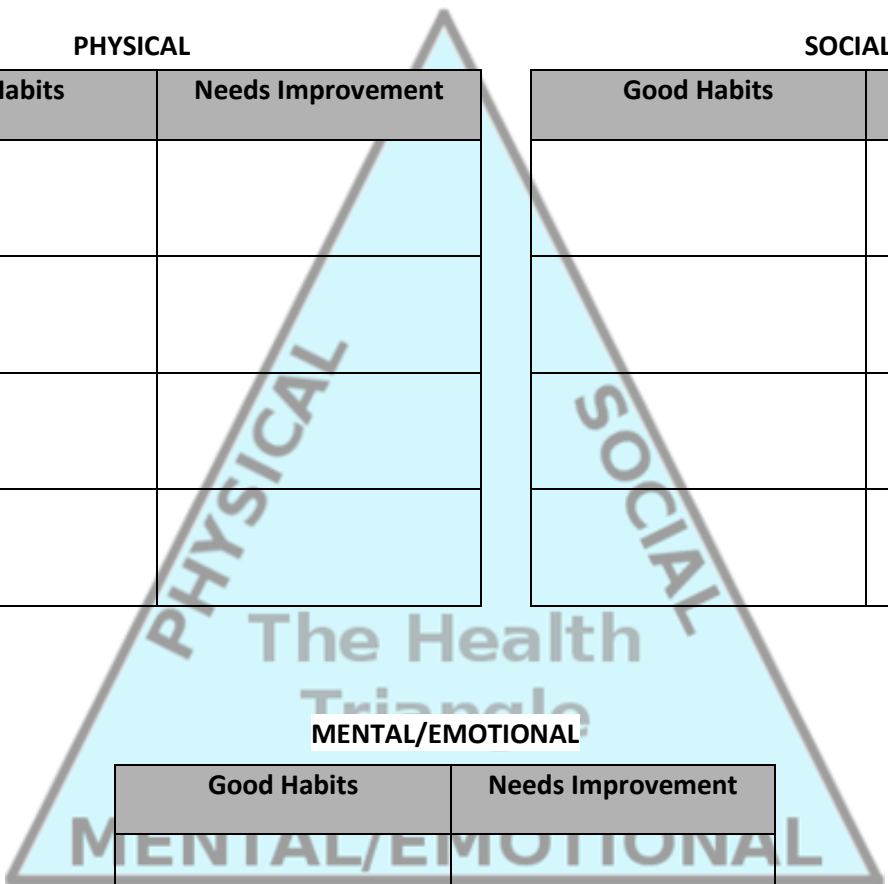


Student Name:

Balancing Your Health

Part A (45 points, 15 per box)

Use the graphic organizer below to record the habits you have that do or do not support each of the three legs of the Health Triangle—physical, mental/emotional, and social health. You can refer to the lesson for examples of each type of health habit.



The Health Triangle graphic organizer is a large light blue triangle with a dark blue border. The word "PHYSICAL" is written vertically along the left side, "SOCIAL" along the right side, and "MENTAL/EMOTIONAL" along the bottom side. The triangle is divided into three sections by a vertical line and a horizontal line. The top section is labeled "PHYSICAL" and contains two tables. The bottom-left section is labeled "MENTAL/EMOTIONAL" and contains one table. The bottom-right section is labeled "SOCIAL" and contains one table. Each table has two columns: "Good Habits" and "Needs Improvement".

PHYSICAL	
Good Habits	Needs Improvement

SOCIAL	
Good Habits	Needs Improvement

MENTAL/EMOTIONAL	
Good Habits	Needs Improvement

Student Name:

Balancing Your Health

Part B (15 points, 3 per question)

Now it's time to see if the three areas of your health are balanced. Use your notes from Part A to answer the following questions.

1. Do you have at least one good habit in each area? _____
2. In which area are you most healthy? (Base your answer on the number of good habits versus the number of habits that need improvement.) _____
3. In which area are you least healthy? _____
4. Overall, how many healthy habits do you have? _____
5. Overall, how many of your health habits need improvement? _____

The bigger the difference between your answers to Questions 4 and 5, the more out of balance your health triangle is.

Part C (40 points, 8 points per bullet point)

Look over the health habits that you think need improvement and choose the three that are most important to you. For each of these habits, think of one action you can take during the coming week to start improving in that area. Then, write at least one paragraph in which you explain your plan to balance your health. In your paragraph, be sure to address the following points:

- Clearly identify the areas you plan to improve
- Give reasons that you want to improve in those areas
- Explain the actions you plan to take and the effects that you expect the actions to have
- Identify possible barriers to carrying out your plan and explain what you can do if you encounter a barrier
- Use complete sentences and correct grammar, spelling, and punctuation in your paragraph