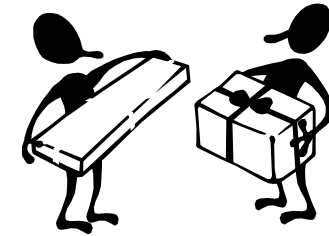


Name: _____



Personal Inventory

How Healthy are You?



To find out if your health triangle is balanced, write yes or no for each statement below.

Physical Health

Mental/Emotional Health

Social Health

- _____ 1. I eat 3 well-balanced meals a day low in sugar and fat.
- _____ 2. I snack on healthy foods like fruits and vegetables.
- _____ 3. I sleep 8 or 9 hours a night.
- _____ 4. I get 60 minutes of exercise everyday.
- _____ 5. I refuse to use tobacco and alcohol and to misuse and abuse drugs.
- _____ 6. I wear safety equipment like seatbelts and helmets.
- _____ 7. I am usually energetic and feel good.
- _____ 8. I get regular doctor exams.

- _____ 1. I enjoy learning new things.
- _____ 2. I can laugh easily.
- _____ 3. I like to be alone sometimes.
- _____ 4. I can name several things I do well.
- _____ 5. I can tell others what I am feeling.
- _____ 6. I ask for help when I need it.
- _____ 7. I take responsibility for my actions.
- _____ 8. I try to think positively and have an optimistic attitude.

- _____ 1. I meet people easily.
- _____ 2. I have several close friends.
- _____ 3. When I have a problem with someone I try to work it out.
- _____ 4. I work well in a group.
- _____ 5. I can say, "No" to my friends.
- _____ 6. I do not talk to people behind their backs.
- _____ 7. I get along with several different groups.
- _____ 8. I don't always need to have peoples' attention.

Draw a picture of how you think you will look 20 years from now with no change to your personal health habits.

In paragraph form, explain what health habit you would like to change. Explain, with details, your plan to change that negative habit into a positive health habit?

Draw a picture of how you think you would look 20 years from now if you changed that one negative habit to a positive health habit.