StudentHealthForce®

Topic:

Name _____
Date _____

# Learn it!

List the 3 most important things you learned from this activity

1.

2.

3.

# Live it!

Assess your life and lifestyle and list how you could improve using what you just learned.

1.

2.

Set a goal to try to improve. My Goal is to : _____

_____

Make a plan for how to achieve that goal. What can you do each day to help you get to the goal?

My plan is to : _____

Track it: Make a graph or chart to keep track of how you are progressing towards your goal

# Share it!

In addition to being a good example for others to copy, what else can you do to be a force for health on this topic to friends, family, school, or community.

1.