

Name: _____

Date: _____

Taking Charge of Your Health

- 1. a. _____ - are behaviors that represent harm to health.
- b. _____ - are beliefs of conduct that you find important.
- c. _____ - is voluntarily choosing not do to something.

2. Write helpful factors.

Risk Factors

Helpful Factors

- a. Careless behaviors _____
- b. Tobacco use _____
- c. Alcohol and other drugs use _____
- d. Sexual behaviors _____
- e. Unhealthy eating behaviors _____
- f. Physical inactivity _____

3. a. Draw a horizontal line. Put a dot at each end. At the beginning of the line write a zero to represent time of birth, followed by dots at ten -year increments from birth till death.

b. List behaviors that you engage in:

c. Add up the number of years for these behaviors and subtract the total from the projected age you wrote on your life line.

Homework: Write helpful factors. Due next health class.

Risk Factors

Helpful Factors

- a. Feeling stressed _____
- b. Exercise inactivity _____