

Name_____ Date_____ Class_____

My Health Goals

Where are you right now on the health continuum? Make a mark on the line that you think represents your current health.

Illness_____ ***Wellness***

How did you decide that location on the continuum?

1. Physical health reasons:
2. Mental health reasons:
3. Emotional health reasons:
4. Social health reasons:

Now take a few minutes to identify some goals for improving your status on the health continuum. Look through your *Health* textbook to find health issues you need to learn more about. Then complete the table below.

My Well-Being Depends On...	Areas Where I Can Make Personal Improvement	Things I Need to Learn
Physical health		
Mental health		
Emotional health		
Social health		