

HEALTH TRIANGLE

Directions: Examine your health status by answering questions in each aspect of health. When you are finished, fill in the corresponding triangle to match the number you answered yes. (EXAMPLE: 5 yeses = 50%-fill in 50% of the triangle.)

1. I have at least one or two close friends.
2. I respect and care for my family.
3. I have a friendly, open attitude when meeting new people.
4. I work well in a group.
5. I feel my friends know that I am truthful and dependable.
6. I can disagree without arguing.
7. I am willing to give and get support from others when needed.
8. I am a good listener.
9. I can confidently say no when people ask me to do something harmful or wrong.
10. I respect the right of others to have opinions that may differ from mine.

**S
O
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L**

Mental - Emotional

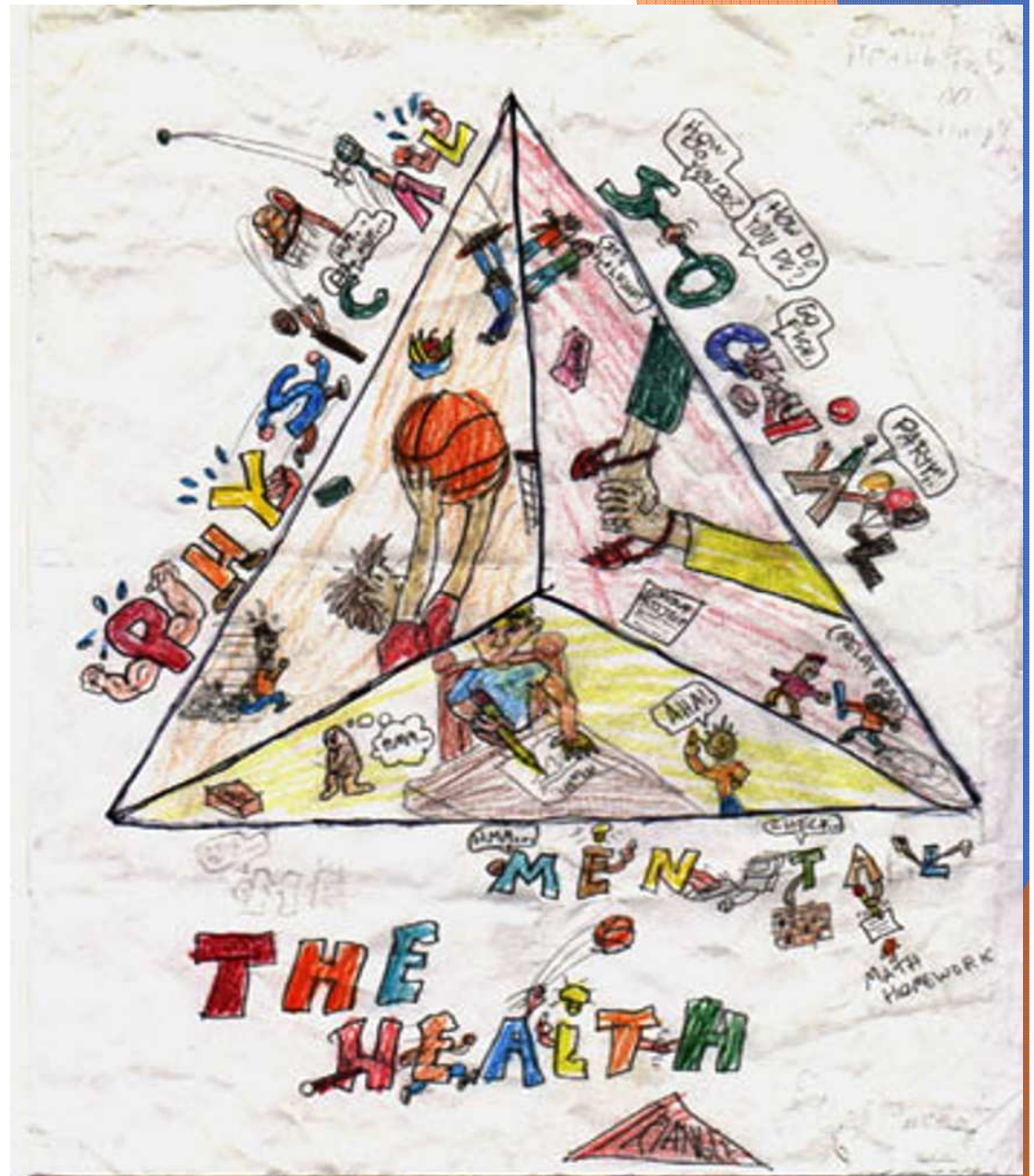
1. I generally like and accept who I am.
2. I can accept helpful criticism.
3. I can express my feeling clearly and calmly, even when angry and sad.
4. I do not blame others for my mistakes.
5. I accept that I will make mistakes, and I try to learn from them.
6. I can stand up for my own values.
7. I can face problems calmly.
8. I have at least one hobby that I enjoy.
9. I enjoy learning new information and acquiring new skills.
10. I feel that people like me.

PHYSICAL

1. I get at least eight hours of sleep each night.
2. I eat a well-balanced diet, including a healthful breakfast every day.
3. I wear a seat belt in cars and protective gear when bicycling or playing sports.
4. I keep my body, teeth and hair clean.
5. I exercise regularly.
6. I do not use tobacco, alcohol or drugs.
7. I do not skip meals or use harsh diet plans to try to lose weight.
8. I have regular check-ups with my doctor and dentist.
9. I am aware of hereditary illnesses within my family and take steps to protect my health.
10. I do not plan to engage in sexual activity before marriage.

Assignment:

1. Draw a health triangle which has symbols or pictures which represents each of the three elements of health.
2. Identify each element on each side of the triangle.
3. On the back of your Health triangle answer the 5 questions.



Your Health Triangle Questions -

use the information from the health triangle sheet with the shaded areas.

This worksheet



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1. Does your Health Triangle have equal sides?
Why or why not?

2. Is there one area that you are strong in?
Why or why not?

3. Is there an area that you need to work on?

4. List ways you plan on working on that dimension?

5. What are you going to do to improve your Health and balance your triangle?