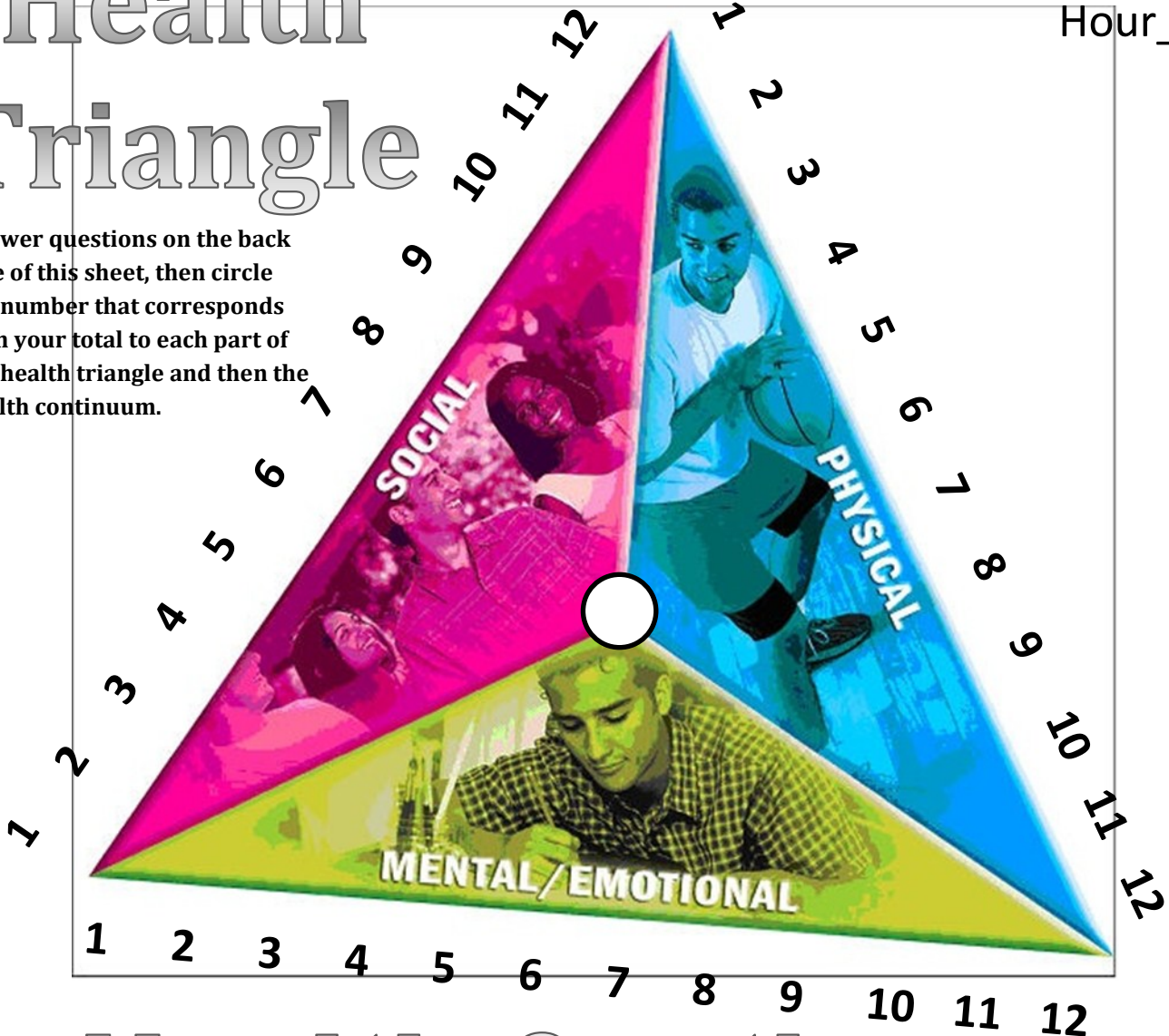


Name _____

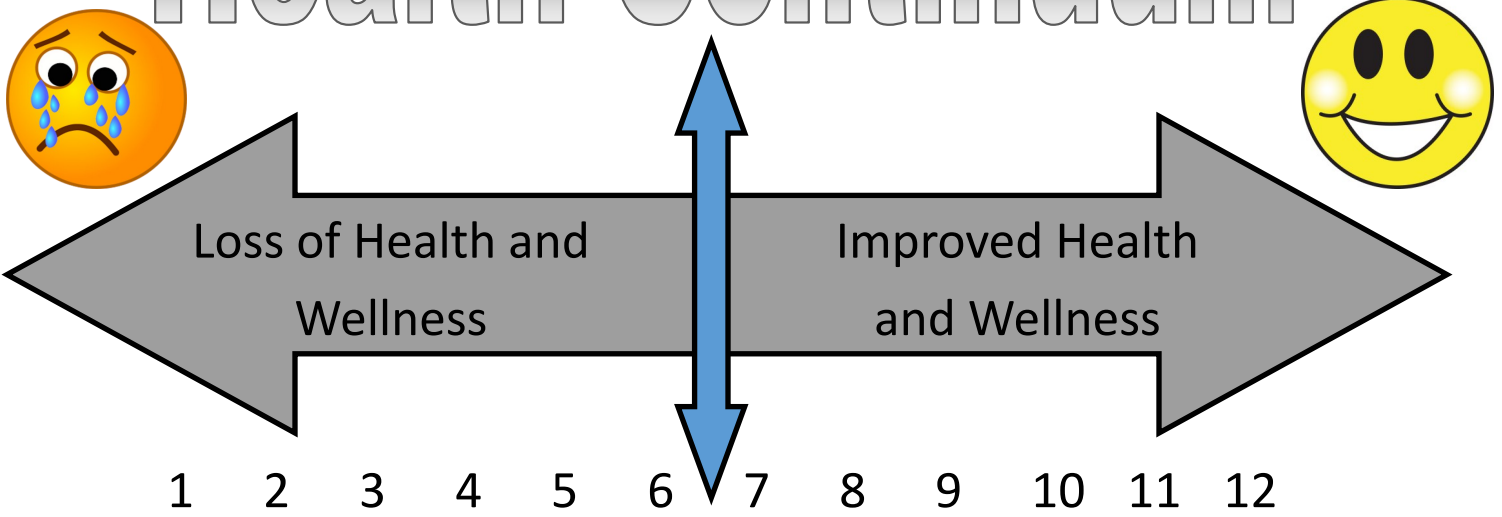
Hour _____

Health Triangle

Answer questions on the back side of this sheet, then circle the number that corresponds with your total to each part of the health triangle and then the health continuum.



Health Continuum



Self Inventory

What is your level of wellness?

Health Triangle: Read each item below and put a check mark next to each one that accurately describes you and/or your behavior.

Physical Health

1. I get at least 8 hours of sleep each night. _____
2. I brush and floss regularly. _____
3. I do not use tobacco and I avoid passive smoke. _____
4. I keep within the normal weight range for people of my age, height, frame and weight. _____
5. I always wear a seatbelt and refuse to ride in cars with drivers who have been using alcohol. _____
6. I do at least 30 minutes of aerobic exercise at least 3 times a week. _____
7. I eat a healthy breakfast everyday. _____
8. I do not use alcohol or illegal drugs or misuse medicines. _____
9. I eat a balanced diet. _____
10. I make time to relax everyday. _____
11. I use sunscreen when necessary. _____
12. I get dental and medical check ups once each year. _____

Mental/Emotional Health

1. I generally like and accept who I am. _____
2. I ask for help when I need it. _____
3. I can express my emotions in healthy ways. _____
4. I an enjoy being alone. _____
5. I can name 3 good qualities about myself. _____
6. I feel okay about crying. _____
7. I can accept constructive criticism. _____
8. I can be satisfied when I have done my best. _____
9. I express my thoughts and feelings to others. _____
10. I have at least 1 hobby I enjoy. _____
11. I deal with stresses as they happen and don't let them build up. _____
12. Sometimes I am afraid, angry, sad, or jealous, but I am no overwhelmed by these emotions. _____

Social Health

1. I am generally satisfied with my relationships with others. _____
2. I meet people easily and am usually comfortable entering into conversations. _____
3. I can be myself when I'm with people I know well. _____
4. I can still participate in an activity even though I don't get my way. _____
5. I have at least 1 or 2 close friends who I can confide in. _____
6. I do not abuse others or allow other to abuse me. _____
7. When working in a group, I can accept other people's ideas and suggestions. _____
8. I can say no to my friends and peers, especially when they ask me to do things that might damage me or someone else's health, safety, or self-esteem. _____
9. I can accept the differences in people. _____
10. If I have a problem with someone, I try to work it out. _____
11. I avoid gossiping about people. _____
12. I make important life decisions carefully. _____

Health Triangle: Total your number of check marks for each section of responses and circle the total number in each section of the health triangle, then make a line from the center of the triangle to each of your totals creating smaller triangles.

Physical Health: _____ Mental/Emotional Health: _____ Social Health: _____

Health Continuum: Average those three scores by adding them together and dividing the total by three. Then move that average onto your health continuum to see where you currently lie.

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad}$$
$$\underline{\quad} / 3 = \underline{\quad}$$