

Personal Health Assessment Summary I: Writing about Wellness**Read Chapters 1 & 2 in Fitness Now.**

A. Complete personal health assessments at the end of Chapters 1&2 (pp 16-18 & 43-45 in your textbook), **then answer the following questions:**

Personal Health Assessment 1: Score = _____ / 25 (1 Point)

Personal Health Assessment 2.1:

Level of activity _____ (1 Point)

Benefit to your health _____ (1 Point)

B. Reflection:

1. In your own words, Define each of the Wellness areas:

Physical, Emotional, Social, Spiritual, Environmental and Intellectual

Use this as a checklist while you are writing to help you self-edit your paper!

(6 points) _____

2. Describe *two to three* lifestyle behaviors (things or actions you do) or that you exhibit that affect **each** of your personal wellness areas. Include at least one behavior that positively affects and one lifestyle behavior that negatively affects each area of wellness.

+ - Physical, + - Emotional,
 + - Social, + - Spiritual,
 + - Environmental + - Intellectual

(12 points) _____

3. How do your present lifestyle habits affect you? Write about:

The 3 most important changes that you should make to your lifestyle habits

Why you feel you should make these changes

(6 points) _____

Format:

Format 12-point font, double-spaced 1-inch margins. Approx. 3-4 pages (1Point) _____

Staple this paper as your cover page. (1Point) _____

You may choose to write this as:

- A respectful letter to your grandchildren 60 years from now.
- A respectful letter to yourself from your doctor.
- An account to your parents of what you learned in school.
- An article for the Dawson Newspaper "The Plant."

Grading Criteria:

Quality of analysis (clearly stated cause, good support, plausible and convincing argument based on primary source data, your text book, and scientific research)

(2 Points) _____

Readability (top down organization, good use of headings, clear sentences with no confusing passages.)

(2 Points) _____

Includes all of the criteria in the reflection.

Points: See above

Grammar and correctness.

(2 Points) _____