

NAME: _____

MOD: _____

DATE: _____

DUE: _____

MY HEALTH TRIANGLE

DIRECTIONS: Use the diagram on the back of this page to create your own personal health triangle and answer the questions below.

- First, think carefully of your real life balance between the three sides of the triangle. When you decide on how to balance your triangle, draw your lines inside the triangle to separate the sides and show the balance you feel you have in your life. (draw in pencil in case you would like to change your lines)
-3 points
- Next, include AT LEAST 3 activities you participate in for each side. You can draw these activities; use magazine cutouts, print pictures from the computer etc. BE CREATIVE!
-1 point each, 9 points total
- After you complete your triangle, answer the following questions below:
-2 points each, 8 points total

1. What side of your health triangle is the largest?
2. What side of your health triangle is the smallest?
3. What are 2 things you can do to increase your smallest side and better balance out your triangle?
4. Write a brief summary of what you learned about your personal health level after creating and examining your personal health triangle:

MY HEALTH TRIANGLE

PHYSICAL HEALTH

SOCIAL HEALTH

MENTAL/EMOTIONAL HEALTH

