

Part 1: Personal Health - Self-Evaluation

Name _____ Grade _____ Homeroom _____

YOUR PERSONAL HEALTH -- SELF-EVALUATION

1. I generally eat a healthy, balanced diet based on the 5 food groups and the food group pyramid.
Always Usually Sometimes Seldom Never
2. I try to limit the amount of 'junk food' I eat -- such as soda pop, candy and other sweets, french fries and other deep-fried foods, and other 'junk foods'.
Always Usually Sometimes Seldom Never
3. I get the recommended amount of exercise and physical activity that I need, which is at least one hour per day, at least five times per week.
Always Usually Sometimes Seldom Never
4. I have good hygiene habits – for example, I shower often, wash my hands with soap and water several times each day, and use deodorant.
Always Usually Sometimes Seldom Never
5. I take good care of my teeth by brushing 2-3 times each day, flossing regularly, and seeing my dentist at least once per year.
Always Usually Sometimes Seldom Never
6. I cover my mouth when I cough or sneeze.
Always Usually Sometimes Seldom Never
7. I am generally happy and positive, and hopeful and optimistic,
Always Usually Sometimes Seldom Never
8. I have good social habits such as: I am friendly, have friends whom I see and hang out with often, and treat others as I wish to be treated.
Always Usually Sometimes Seldom Never
9. I generally use good common sense when it comes to safety because I value life and good health – For example, when playing sports, I warm up first, follow the rules, use protective gear when required, and never play recklessly.
Always Usually Sometimes Seldom Never
10. In Physical Education, I show a positive attitude by participating, following directions and safety rules, trying my best, showing respect, using kind words, and getting along with others.
Always Usually Sometimes Seldom Never
11. I believe I will always, throughout my life, try to be active, fit and healthy, so that I can live a good, long life.
Always Usually Sometimes Seldom Never
