

Part 2: Point Score for Personal Health ‘Self-Evaluation’

Rating your ‘personal health practices’ based on answers concerning attitudes and practices:

For each “Always”, give yourself 5 points.

For each “Usually”, give yourself 4 points.

For each “Sometimes”, give yourself 2 points.

For each “Seldom”, give yourself 1 point.

For each “Never” or “Not true”, give yourself zero points.

NOW, Add up all of your points!!

WHAT DOES YOUR SCORE MEAN?

If your point total is between 44 and 55.....

You are on the right track with your health practices and attitudes. Keep up the good work, and you will probably live a long, happy, healthy life!

If your point total is between 34 and 43 ...

You will have to work a bit harder to be the healthiest you can possibly be. Little things like what/how you eat each day, how much exercise you get, and how cautious you are when it comes to safety will make the difference between whether you live a long, happy, healthy life, or a life that is not as long, happy and healthy as you might like it to be! Only you can make the necessary changes to give yourself the bright future you deserve!

If your point total is below 34

It’s time to be your own best friend and get some help to develop better health practices and a more positive attitude, so you can be as healthy as possible!

In order to be truly happy and healthy, you must consistently practice good health habits every day. It’s time to visit the library and learn about personal health and what you can do to improve your health habits and practices. Also, you might want to speak to a parent or trusted adult who can help and encourage you in your effort! Get going!