Learning Objective

***1. Generate a list of healthy lifestyle factors and risky behaviors and determine which areas of health those factors or choices affect. Generate a list of healthy lifestyle factors and risky behaviors and determine which areas of health those factors or choices affect.***

***2. Analyze and differentiate between the different areas that influence health while identifying which are positive or negative.***

Journal Prompt 3 8-21-12

What are some activities or tasks you do that contribute to your total health? Mention at least one for each category of health. (physical, mental, social).

Assignment/Classwork

Reteaching Act. 1 &2

Develop questions for our survey for this unit.