Name Class Date

# Application 16

## HEALTHY LIFESTYLE ASSESSMENT *(continued)*

Determine your score for each of the eight health categories.

Score: Regularly = 3 points
Yes = 3 points
Often = 2 points
Sometimes = 1 point
Never = 0 points
No = 0 points

A total score of 5-6 indicates a generally positive lifestyle in that particular health category. A score of 3 or 4 indicates that some modification may be in order. A score of less than 3 indicates that changes are necessary in that category for good health. It is possible to have scores that vary between categories. For good health it is important to strive for a positive health lifestyle in all of the categories.

1. What is your strongest area of wellness? Do you agree that it is your strongest area? Why or why not?

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2. What is your weakest area of wellness? What could you do to improve that area? Identify 3 concrete ideas and write them below.

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From *Fitness for Life Teacher Resources and Materials, Fifth Edition* by Karen McConnell, Charles B. Corbin, and Darren Dale, 2005, Champaign, IL: Human Kinetics.