

Name: \_\_\_\_\_

Section Number \_\_\_\_\_

## **Personal Health Assessment Summary I: Writing about Wellness**

**Read Chapters 1 & 2 in Fitness Now.**

**A.** Complete personal health assessments at the end of Chapters 1&2 (pp 16-18 & 43-45 in your textbook), **then answer the following questions:**

Personal Health Assessment 1: Score = \_\_\_\_\_ / 25 (1 Point)

Personal Health Assessment 2.1:

Level of activity \_\_\_\_\_ (1 Point)

Benefit to your health \_\_\_\_\_ (1 Point)

### **B. Reflection:**

1. In your own words, Define each of the Wellness areas:

Physical, Emotional, Social, Spiritual, Environmental and Intellectual  
Use this as a checklist while you are writing to help you self-edit your paper!

(6 points) \_\_\_\_\_

2. Describe *two to three* lifestyle behaviors (things or actions you do) or that you exhibit that affect **each** of your personal wellness areas. Include at least one behavior that positively affects and one lifestyle behavior that negatively affects each area of wellness.

Physical,  
Social,  
Environmental

Emotional,  
Spiritual,  
Intellectual

(12 points) \_\_\_\_\_

3. How do your present lifestyle habits affect you? Write about:

The 3 most important changes that you should make to your lifestyle habits  
Why you feel you should make these changes

(6 points) \_\_\_\_\_

**Format:**