

Name_____Date_____Period_____



Total Health Assignment

Directions: Please reflect on your own total health and do a self assessment on the status of each of the five areas (the SPIES). For each area below write a complete paragraph (3-5 sentences at least) stating the status of your health for that area. Then write a (3-5 sentence at least) paragraph on how you plan to maintain a positive assessment for that individual area of your total health or what you are going to do to make that area of your total health positive. You should have a total of two paragraphs for each area of your total health.

Social-
Reflection on area:

Strategies for improvement:

Physical-
Reflection on area:

Strategies for improvement:

Intellectual-
Reflection on area:

Strategies for improvement:

Emotional-
Reflection on area:

Strategies for improvement:

Spiritual-
Reflection on area:

Strategies for improvement: