

Period: _____

Answer the following questions. Your answers should include:

- **4-5 sentences for each question**
 - *neat* and *legible* handwriting
 - details and examples that back up your answer
1. Dr. Satcher, former U.S. Surgeon General, says that today's children may be the first in history to have a shorter life expectancy than their parents. How does this make you feel? What can you do about it?
 2. What are the most important principles that people should follow to lead a healthy lifestyle?
 3. What are the biggest challenges or barriers you face when it comes to leading a healthy lifestyle?
 4. What are your strengths when it comes to leading a healthy lifestyle? Identify the areas in which you think you do well.
 5. Identify some of the topics and/or assignments that you liked **best**. Explain why.

6. Identify some of the topics and/or assignments that you liked **least**. Explain why.
7. Choose **one topic** from the list below. What did you learn about this topic? How will you use what you learned?
8. Choose **one topic** from the list below. What changes could you make to improve this area in your life?
9. How important is it to set goals based on your values as you make the journey throughout your life?
10. How important is it to show up on time, prepared and ready, and to make deadlines? How is this important in the work place or not? Explain and Justify.

Health Topics

Total Health (PIES)
Decisions
Drug Abuse
Alcohol
Tobacco
Heroin
Marijuana
Meth
Club Drugs
Pregnancy

Healthy Relationships
STD's
Dating Violence
Diseases
Healthy Eating
Nutrients
Choose My Plate

Food Labels
Dieting
Eating Disorders
Self-Esteem
Stress
Depression
Suicide
CPR/AED

