



High School

Healthy Lifestyles

Name: _____

Date: _____

In this activity, you will be reflecting on your lifestyle. How well balanced is your life. For the physical side, consider your amount of exercise, eating habits, sleep habits etc. For your social-emotional health side, consider how you meet your body's mental and emotional needs, including stress management. Do you have a healthy lifestyle that creates balance

What I can do to keep my body physically healthy and in balance	Creating a Healthy Lifestyle	What I can do to I keep my social-emotional health in balance
		