

Name: _____ Date: _____ Period: _____

Health Dimensions Worksheet

I. Directions: Answer the following questions in sentence format.

1. How healthy are you? Evaluate your physical, mental/emotional, and social health.

2. Write a plan for improving your total health. Include details about steps you can take to improve all sides of your health triangle.

II. Directions: For each side of the health triangle, list three things someone can do to improve that aspect of total health.

1. Physical Health

a. _____
b. _____
c. _____

2. Mental/Emotional Health

a. _____
b. _____
c. _____

3. Social Health

a. _____
b. _____
c. _____

III. Directions: Provide the missing labels on the health continuum diagram.

