

Name _____

Health Components Assignment

Directions: Respond to the items below. As a reminder, the health components are:

- A. Physical- related to diet, exercise, illness, weight, drug use, etc.
- B. Social- related to quality of relationships with peers, parents, and other adults
- C. Mental- how you feel about yourself
- D. Emotional- how you cope with problems and/or how you express emotions
- E. Spiritual- religious faith, values, beliefs, principles, and morals

1. Which **ONE** health component is your strongest? Why? List **three** reasons why.
 - a.
 - b.
 - c.
2. Which **ONE** health component is your weakest? Why? List **three** reasons why.
 - a.
 - b.
 - c.
3. What are **three** habits or behaviors of yours that could have a **POSITIVE** impact on your health now or in the future?
4. What are **three** habits or behaviors of yours that could have a **NEGATIVE** impact on your health now or in the future?
5. Which **ONE** health component do you think is the most important? Why? One **PARAGRAPH** response.
6. In one **PARAGRAPH**, predict which **ONE** health component could become the weakest for you as an adult. Why?
7. Do you have a role model when it comes to healthy or unhealthy behavior? Who? **Explain in 3 sentences.**