

Name: \_\_\_\_\_

1. Read pages 16-18

## HEALTH SELF-RATING CHART

2. **Directions:** Number a sheet of paper to correspond to each chart section. Read each statement. If the statement is mostly true for you, write *yes*. If it is mostly false, write *no*.

You do not need to share your results with anyone. Score each section as the instructions tell you. To score your overall health level, add your scores on all sections.

26-30 = top 10 percent  
21-25 = above average  
16-20 = average  
15 and lower = below average

### PHYSICAL HEALTH

1. I eat a healthy breakfast every day.
2. I eat a balanced diet that is different every day.
3. I avoid unhealthy snacks.
4. I do not use tobacco or alcohol or take drugs that a doctor hasn't directed me to use.
5. I get eight hours of sleep each night.
6. I take part in exercises and sports I like.
7. I work at developing muscle tone and fitness three times a week.
8. I bike, swim, run, or walk for at least thirty minutes three or more times a week.
9. I relax at least ten minutes a day.
10. I get regular medical and dental checkups.

Score one point for each yes answer.

9-10 = top 10 percent  
7-8 = above average  
5-6 = average  
4 or lower = below average

### SOCIAL HEALTH

1. I meet people and make friends often.
2. I have one or two close friends.
3. I can say "no" to my friends if they want me to do something I don't want to do.
4. I balance having my way with letting others have their way.
5. I respect other people's right to be different from me.
6. I am able to work cooperatively with others.
7. If I have a problem with other people, I face the problem and try to work it out with them.
8. I am comfortable communicating with adults.
9. I am comfortable talking with both females and males my age.
10. I am fair and trustworthy with others.

Score one point for each yes answer.

9-10 = top 10 percent  
7-8 = above average  
5-6 = average  
4 or lower = below average

### EMOTIONAL HEALTH

1. I try to accept my feelings of love, fear, anger, and sadness.
2. I can tell when I am under pressure.
3. I try to find ways to deal with pressure and control it.
4. I try to have a positive outlook.
5. I ask for help when I need it.
6. I have friends and relatives with whom I discuss problems.
7. I give compliments.
8. I can accept and use helpful comments.
9. I take responsibility for my actions.
10. I am honest with myself and others.

Score one point for each yes answer.

9-10 = top 10 percent  
7-8 = above average  
5-6 = average  
4 or lower = below average