

Lifestyle Checkup

How healthy is your lifestyle? Mark with an "X" on the lines below where you would rate yourself for each of the areas. Then, in groups of 2 to 4, take turns sharing the results of your checkup.

DIET / NUTRITION

health food _____ junk food _____

EXERCISE / PHYSICAL ACTIVITY

marathon runner _____ couch potato _____

SLEEPING HABITS

"Good morning, Lord!" _____ "O Lord, it's morning!" _____

TOBACCO

Mr. Clean _____ Joe Camel _____

STRESS / HYPERACTIVITY

Garfield _____ Tasmanian Devil _____

MENTAL ALERTNESS

Road Runner _____ Willie E. Coyote _____

OVERALL FITNESS / VITALITY

Energizer Bunny _____ dead battery _____

