

Health & Well-Being Diagnostic Worksheet

Name: _____ Date: _____

Part 1: My Ideas

1. What does 'being healthy' mean?

2. What helps a person stay healthy? (2 ideas)

Part 2: Health Services

3. Name 2 places or people that help with health:

4. When should someone go to a doctor?

Part 3: Healthy Lifestyle

5. Why is exercise important?

6. Name 1 mental health problem:

Part 4: Choices & Health

7. Give one healthy choice:

8. Give one unhealthy choice:

Part 5: Support & Safety

9. What is abuse?

10. Who can help if someone is in trouble?

Part 6: Reflection

11. One thing I want to learn in this unit:
