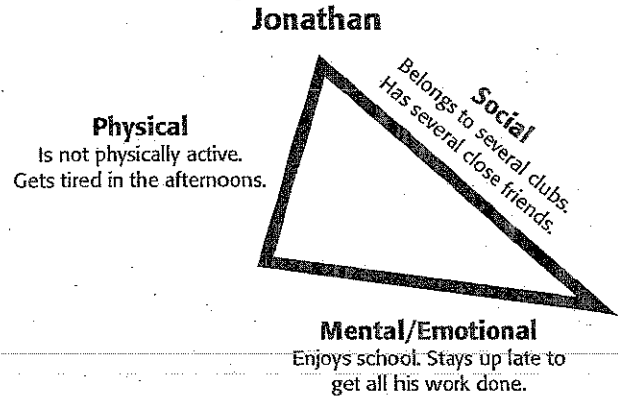
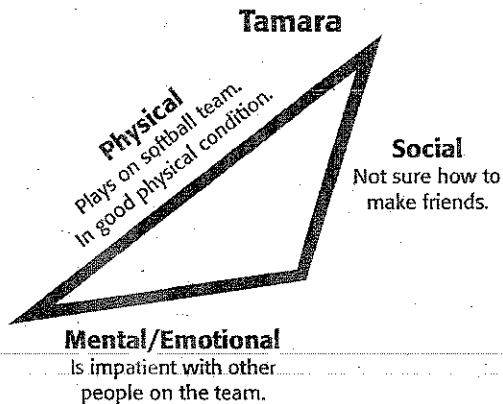


## Activity 1

Use with Chapter 1, Lesson 1

### Keeping Your Health Triangle Balanced

Keeping your health triangle balanced is a key to a healthy you. Tamara and Jonathan's health triangles are out of balance. Suggest changes that each teen could make to balance out the sides of their health triangles.



#### Tamara

1. The side of Tamara's health triangle I would suggest changing first:

\_\_\_\_\_

2. How this change would benefit Tamara:

\_\_\_\_\_

3. Describe other changes Tamara could make:

\_\_\_\_\_

\_\_\_\_\_

#### Jonathan

4. The side of Jonathan's health triangle I would suggest changing first:

\_\_\_\_\_

5. How this change would benefit Jonathan:

\_\_\_\_\_

\_\_\_\_\_

6. Describe other changes Jonathan could make:

\_\_\_\_\_

## Concept Mapping Activity 1-1

Directions: Complete the concept map on your total health, using terms and phrases from your textbook.

