Name	Date	Class Period

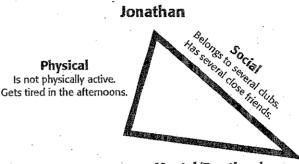
Fire Tiller From The Carto

# **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 Phat's of public dendrition. Not sure how to make friends. Mental/Emotional Is impatient with other

people on the team.



Mental/Emotional
Enjoys school. Stays up late to
get all his work done.

## **Tamara**

2. How this change would benefit Tama	nra:		
	The second of th		
Describe other changes Tamara could	l make:		
nathan			•, •
. The side of Jonathan's health triangl	e I would sugges	t changing first:	
. How this change would benefit Jona	than:		
			<u> </u>

Name	Date	Class Period	<u> </u>
	a Sp. 10 (1985) (1985)		

# Concept Mapping Activity 1-1

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

