

Name: _____

Individually, list your sacrifice and write at least one sentence to explain how this sacrifice could impact the five health domains.

I would sacrifice _____ to avoid _____ (Condition that was assigned to your group)

State How your sacrifice would affect your Physical Health: _____

State How your sacrifice would affect your Mental Health: _____

State How your sacrifice would affect your Social Health: _____

State How your sacrifice would affect your Vocational Health: _____

State How your sacrifice would affect your Spiritual Health: _____

Write at least 3 health goals you could set to prevent the illness or disease that you were assigned? Don't forget to make your goals SMART goals.

1. _____

2. _____

3. _____

