

Assessment & Portfolio Guide

Lesson 12: Choose to Exercise Regularly for Good Health



How will you include regular exercise in your life?

Lesson 13: Choose a Personal Fitness Plan



Include the **Fitness Preferences** in your *Transition Portfolio*.

Lesson 14: Choose Healthy Habits



How can you get enough water and sleep each day?

Lesson 15: Where the SAD Facts?



What advice would you give to someone who was addicted to drugs?

Lesson 16: Learn about Unhealthy Habits to Avoid



What three reasons would you give to someone to keep them from taking drugs?

Lesson 17: Learn How Healthy Habits Affect Employment



As an employer, how would you determine who gets hired?

Lesson 18: Learn about the Dangers of Sexually Transmitted Disease



How can you prevent STDs?

Lesson 19: Develop Your Personal Health Growth Goal



Add your **Personal Health Growth Goal Contract** to your *Transition Portfolio*.

◆ THINK ABOUT THIS ◆

Most people are about as happy as they
make their minds up to be.

Abraham Lincoln

What does this quote mean to you?
