

Health Continuum Activity

Read about the Health Continuum on Page 7 in your textbook. Draw and Label your own in the space below. Then, list 3 behaviors that would slide the scale to the right and 3 behaviors that would slide the scale to the left.

Compare the Health Triangle and the Health Continuum. How are they similar and different? What can each tell us about our current level of health? (answer in at least 5 sentences)

