
Name: _____

Section Number _____

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1. READ _____ of Fitness Now.
 2. Answer the questions in _____
 3. Follow the instructions to make a visual map of your life for _____
 4. Do the _____ for _____

Writing Format:

Format 12-point font, double-spaced 1-inch margins. Approx. 3-4 pages (1 Point) _____

You may choose the format to write this part however the insights must reflect your own stress experiences, stressors and stress management coping techniques. In other words the paper still needs to be self reflective in nature.

As a respectful letter from your doctor to yourself.

A letter or handout to give to a new student entering Dawson.

Write an article as if it will be printed in the Gazette

As a Formal Thesis governed Paper or Scientific Report

Quality of analysis (clearly stated cause, good support, plausible and convincing argument based on primary source data, your text book, and scientific research) (2 Points) _____

Readability (top down organization, good use of headings clear sentences with no confusing passages.) (2 Points) _____

Includes all of the criteria in the reflection. (10 Points) _____

Grammar and correctness. (2 Points) _____

Complete "Personal Health Assessment & Reflections" 4.1 in your textbook (pages 98-99) and complete the following analysis

1. Stress Level score (personal health assessment 4.1): _____ (1 Point) _____

2. According to "Fitness Now" (chapter one) what are "The Big Bad Five" lifestyle habits or stressors that we can control?

_____ (1 Point) _____

3. What are _____ three main negative stressors?

_____ (3 points) _____

4.

