

Enrichment Activity 1

My Health and Wellness Profile

Directions: In the activity column, list the activities you participate in for each category listed. Then next to the activity, write down the average amount of time you spend on the activity. Finally list some of the benefits you receive.

| | Activity | How Often | Benefits |
|------------------------------------|----------|-----------|----------|
| Physical Fitness | _____ | _____ | _____ |
| | _____ | _____ | _____ |
| | _____ | _____ | _____ |
| | _____ | _____ | _____ |
| Mental and Emotional Health | _____ | _____ | _____ |
| | _____ | _____ | _____ |
| | _____ | _____ | _____ |
| | _____ | _____ | _____ |
| Social Health | _____ | _____ | _____ |
| | _____ | _____ | _____ |
| | _____ | _____ | _____ |

Add up the time you devote to each category. In which area are you spending the most time? In which area are you spending the least time? On the lines below, explain which area you feel you need to work on most and why. Also list some activities you can add to balance out your overall fitness level.

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