

Wellness assessment FLVS (Le...



Warm-Up (Questions to help you prepare to write your goals)

1. Describe your current level of physical activity. How often do you participate in moderate to high intensity activity in an average week?

I usually would do moderate 4 days, and high intensity in 3 days. My body is currently healthy and fine.

2. Discuss at least three physical activities you enjoy participating in or wish to participate in.

Basketball, Football and Track.

Goals

3. Create at least one goal for each of the following wellness categories. Personalize each of your goals for the time enrolled in the course. Be sure that each goal is measureable, attainable, and has a specific deadline. Also, be sure each goal is written in complete sentences.

Physical Wellness Goal:

Work out at the gym on a couple of days and/or start to run or play a sport with friends.

Emotional Wellness Goal:

Start to shorten out my schedule and watch motivational videos on working out.

Social Wellness Goal:

Start talking to a group of friends and tell them what your interests are.

Academic Wellness Goal:

Get A's and B's for the rest of the semester.

What Is A Blank Assessment On Flvs

BM King



What Is A Blank Assessment On Flvs:

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