

## Chronic Disease Prevention

Name \_\_\_\_\_

Instructions: You are to keep a two-day diary on how you are avoiding factors that contribute to chronic diseases. Write a couple of sentences for each disease under Day 1 and Day 2.

Disease	Day 1	Day 2
Hypertension		
Atherosclerosis		
Skin Cancer		
Lung Cancer		
Osteoporosis		
Bronchitis		
Emphysema		