

# Health Continuum

How Healthy Are YOU?

**Poor  
Health**

**Optimal  
Health**



Place an 'X' on the continuum where you would rate your current health status.

List health behaviors you could adopt to move closer to optimal Health. (Example: I could get more sleep each night.)

- 1.
- 2.
- 3.

Strategies that will improve my Health. (Example: I will limit use of media after supper.)

- 1.
- 2.
- 3.