



**Part II:**

Answer the following questions once you are finished recording your behaviors for 2 weeks.

1. Which healthy behavior was the easiest for you to do on a daily basis? \_\_\_\_\_
2. Which healthy behavior was the hardest for you to do on a daily basis? \_\_\_\_\_  
What made this behavior hard to do? \_\_\_\_\_
3. Which healthy behavior do you think you improved the most on? (Think about your behaviors before we did the lesson on prevention of unintentional injury.) \_\_\_\_\_
4. Write down 3 goals that will help you to improve on following these healthy behaviors over the next 2 months.  
Goal 1: \_\_\_\_\_ How will I accomplish this? \_\_\_\_\_  
Goal 2: \_\_\_\_\_ How will I accomplish this? \_\_\_\_\_  
Goal 3: \_\_\_\_\_ How will I accomplish this? \_\_\_\_\_