

physical health & nutrition

Learning Objective: Each student will learn how to assess and improve their physical health and nutrition.

Quiz Reflection:

Video Reflection:

Podcast Reflection:

Goals:

1.
What? _____

Why? _____

How? _____

2.
What? _____

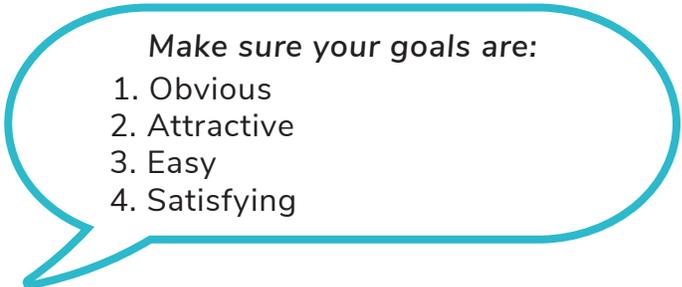
Why? _____

How? _____

3.
What? _____

Why? _____

How? _____



Final Thoughts:



Access your Online Dashboard

Login at my.schoolpulse.org

Not signed up?

See the instructor for your opt-in code.

physical health & nutrition quiz

This quiz is for your personal awareness. Your answers will be kept completely anonymous.

1. Do you often suffer from colds and flu?

- Never Rarely Sometimes
 Often Very often

2. Do you have a hard time exercising?

- Never Rarely Sometimes
 Often Very often

3. Do you spend most your time indoors?

- Never Rarely Sometimes
 Often Very often

4. Do you often have cracked lips?

- Never Rarely Sometimes
 Often Very often

5. Do you suffer from insomnia?

- Never Rarely Sometimes
 Often Very often

6. Are you often exposed to stressful situations?

- Never Rarely Sometimes
 Often Very often

7. Do eat fruits and vegetables with every meal?

- Never Rarely Sometimes
 Often Very often

8. Do you try to indulge in excess sugar and/or fat?

- Never Rarely Sometimes
 Often Very often

9. Do you feel uncomfortable about your weight and body image?

- Never Rarely Sometimes
 Often Very often

10. Do you drink sugary drinks like soda, energy drinks, flavored milk, or juice everyday?

- Never Rarely Sometimes
 Often Very often

11. Do you often feel tired or exhausted?

- Never Rarely Sometimes
 Often Very often

12. Do you use tobacco, cigarettes, vape, Juul or e-cigarettes?

- Never Rarely Sometimes
 Often Very often

13. Do you drink 8+ cups of water everyday?

- Never Rarely Sometimes
 Often Very often

14. Do you take medication regularly?

- Never Rarely Sometimes
 Often Very often

Want to learn more about physical health, nutrition, and other mental health topics?

Visit: schoolpulse.org/resources/



quiz results

Use your quiz answers to add up your points.

Never = 1 point
Rarely = 2 points
Sometimes = 3 points
Often = 4 points
Very Often = 5 points

Total Points: _____

14-32 - strong indication you have great health habits	33-45 - moderate indication that you have great health habits	46-50 - moderate indication your health habits can improve	61-70 - strong indication your health habits can improve
---	--	---	---

These results are not a diagnosis. If you have questions or want to talk to someone, text us at SchoolPulse.

confidentiality agreement

This class should be a safe place for participants. Participants are expected to keep anything said during this class by other class members confidential. This is not meant to encourage secret-keeping, but rather to protect everyone's privacy and ensure that this class is a safe place to share feelings. Class members are expected to treat one another with respect.

Confidentiality within this class is based on mutual trust. Legal exceptions to confidentiality include a clear or present danger to harm yourself or another, knowledge or suspicion of the abuse or neglect of a minor or incapacitated adult, or any other information legally required to be reported to social services.

I _____, agree to not disclose to anyone outside this class any information that may help to identify another class member. This includes, but is not limited to, names, physical descriptions, biological information, and other specifics about interactions with other group members.

Student Signature

Date