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Graduation Transitions Assignment #3

Topic: Personal Health

Complete the entire assignment and submit it to Mr. Mann by April 12, 2019

Create a personal health plan on each of the following topics: a) healthy eating, b) physical activity and exercise, c) mental wellness, d) sleep habits, and e) other healthy choices. Each category must have 3 to 5 points describing your plan. For example:

a) Healthy eating:

- I will drink water rather than pop.
- I will...

b) Physical activity and exercise:

- I will walk to school rather than drive.
- I will go to the gym 3 times a week.
- I will...

c) Mental wellness:

- When I am stressed, I will seek out support from my friends.
- When I am tired, I will get enough sleep (8 hours).
- When I...

d) Sleep habits:

- I will stay off electronic devices 1 hour before bed time.
- I will...

e) Other healthy choices:

- I will eat more fruits and vegetables every day.
- I will...

**** End of Assignment #3 ****