Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_

Senior High Health

|  |  |  |  |
| --- | --- | --- | --- |
| Factors affecting health status | Controllable or uncontrollable factor | Dimensions of health impacted by the factor | Ranking of how factor affects your own health  (1-terrible,10-perfect) |
| heredity |  |  |  |
| quality of your environment |  |  |  |
| random events that occur |  |  |  |
| health care you receive |  |  |  |
| behaviors you choose |  |  |  |
| quality of relationships |  |  |  |
| decisions you make |  |  |  |
| ability to use resistance skills |  |  |  |
| risks you take |  |  |  |
| degree to which you are resilient |  |  |  |

Ten Factors Affecting Health Status