

Health

Ms. Richards

Blizzard Bag 1

Chapter 1 Writing assignment – Write a one page report on the following subject.

Influences on Health Behavior

Skill: Analyzing Influences

What activities do you participate in? Do you belong to any clubs or religious groups? Do you take music lessons or play sports? Maybe you prefer reading books or have other hobbies. Think about what influences you to choose your activities. Maybe it is your friends or family, or perhaps your own interests. Make a list of your own external and internal influences and how they influence your choice of activities. Identify which influence affects you most. Be prepared to share with the class tomorrow.

Use Microsoft Word to write your paper. Put your name, date, and class in the upper left corner. Paper should be double-spaced. Use the default font size.