

Name: _____

Date: _____

Ch. 1 - Your Health and Wellness

H F M S H A B I T L R P W S C C L
P U K J O B W S F O R X H S M G L
V N T N Z R G B Y E W O K O I I Q
C U M U L A T I V E R I S K E D P
J T O Z Y V W E I T D S X Z L T C
Z U B Z A N N S T A E G U L O L O
Z C W L R T G E B U C O H S N E N
L M U D I M R X O P I A E T G D S
F E N O P M D I W R S L H C T O E
S H N M G M F G E E I O C R E M Q
V A N O W G S W L T O J O T R E U
J Q A Q X R H A L C N J C U M L E
M L V M Q I E U N A E J B O G O N
P S B R I S A Q E R S B N E O R C
W L B E D K L O S A C T E Z A E E
I Y K L S H T U S H P R M J L U A
I R D S X B H A H C R F Z T Z D V

short-term goal
consequence
character
values
goal

cumulative risk
role model
decision
health
risk

long-term goal
prevention
wellness
habit