



Physical & Health Education Self-Assessment 2022



Respect, Responsibility, Cooperation
"Something to Rave about"

Name: _____ Division: _____

Do you:	Rarely 1	Sometimes 2	Often 3
participate in 60 minutes of daily physical activity ?			
participate in sports/activities 3-5 days/week?			
participate in exercise activities 3-5 days/week?			
get 8-10 hours of sleep ?			
drink more than 2 glasses/day of milk/100% juice			
eat breakfast every day?			
eat vegetables and fruit ?			
choose whole grain cereal or bread?			
drink water ?			
try new sports ?			
<i>Another good choice I make:</i> _____			
Do You try to:	No 1	Sometimes 2	Yes 3
minimize computer time daily? (less than 2 hours)			
minimize TV viewing each day? (less than 2 hours)			
minimize eating fried foods ?			
minimize eating candy ?			
minimize drinking sugar, sweetened beverages ?			
Totals:			
Total Score:			

What were your favorite games/activities in gym this year?

Mr. Lawrence