**DUE:** Jan 19, 2016 Your Full Name Period #

**CH. # - Title**

**LESSON # - Title**

Main Idea - You are responsible for your own health.

 **HEALTH** - the combination

MI - Its important

PHYSICAL HEALTH - 5 important actions

 *get 8 to 10 hours of sleep*

 *good nutrition and 8+ cups of water each day* and lack of health screenings.

Assessments:

#1 - #5 always