

NAME: _____

HEALTH 11- “Growth Mindset” Notebook:

Introduction:

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How do these videos relate to Health?

What was interesting to you from the videos?

- 1.
- 2.
- 3.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Module 1: GOALS

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How do these videos relate to the chapter?

What was interesting to you from the videos and the Power Points?

- 1.
- 2.
- 3.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Module 2: NUTRITION

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How do these videos relate to the chapter?

What was interesting to you from the videos and the Power Points?

- 1.
- 2.
- 3.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Module 3: WEIGHT

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How do these videos relate to the chapter?

What was interesting to you from the videos and the Power Points?

- 1.
- 2.
- 3.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Module 4: FITNESS

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How do these videos relate to the chapter?

What was interesting to you from the videos and the Power Points?

- 1.
- 2.
- 3.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Module 5: STRESS MANAGEMENT

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How do these videos relate to the chapter?

What was interesting to you from the videos and the Power Points?

- 1.
- 2.
- 3.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Module 6: CHRONIC DISEASES

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How do these videos relate to the chapter?

What was interesting to you from the videos and the Power Points?

- 1.
- 2.
- 3.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?

Module 7: ENVIRONMENTAL HEALTH

Video Notes:

- 1.
- 2.
- 3.

Video Quote:

What is the most important thing (M.I.T.) from this video?

How do these videos relate to the chapter?

What was interesting to you from the videos and the Power Points?

- 1.
- 2.
- 3.

How does this relate to your life (why is this important)?

How are you going to use this information in your life?