**HEALTH 11: ASSESS YOUR SELF HOMEWORK:**

**For the Following Chapters do the Assess Yourself Exercise-**

* Chapter 1: How Healthy Are You? Pages 21-23
* Chapter 2: Staying Psychologically Healthy: Test Your Coping Skills, page 57
* Chapter 3: How Stressed Are You? Pages 93-95
* Chapter 3A: Are You Sleeping Well? Page 109
* Chapter 4: Are You at Risk for Violence or Injury? Pages 130-131
* Chapter 5: How Well Do You Communicate? Page 163
* Chapter 6: Are You Comfortable with Your Contraception? Page 195
* Chapter 7: Do You Have a Problem with Drugs? Page 224
* Chapter 8: Alcohol and Tobacco: Are Your Habits Placing You at Risk? Page 255-256
* Chapter 9: How Healthy Are Your Eating Habits? Pages 287-288
* Chapter 10: Are You Ready to Jump Start Your Weight Loss? Pages 313-315
* Chapter 10A: Are Your Efforts to Be Thin Sensible- Or Spinning Out of Control? Page 328
* Chapter 11: How Physically Fit Are You? Page 350-351
* Chapter 12: CVD and Cancer: What’s Your Personal Risk? AND Evaluating your Cancer Risk, Pages 381-383
* Chapter 13: STI’s: Do You Really Know What You Think You Know? Page 420
* Chapter 14: Are You Afraid of Death? Page 450
* Chapter 15: Are You Doing All You Can to Protect the Environment? Page 470

**WRITE YOUR SCORES FOR EACH SECTION AND**

**TYPE A SHORT PARAGRAPH ABOUT WHAT YOU LEARNED FROM EACH ASSESSMENT.**