

Name: _____

Date: _____

Intro to Health

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

Intellectual
Long Term
Personal
Values
Social

Short Term
Spiritual
Physical
Health
Goals

Education
Emotional
Family
Mental
Smart