



Healthy Living Plan A Cover Sheet

Graduation Transitions

All students are required to develop and maintain a personal health plan in addition to daily physical activity. Your **Healthy Living Plan** should include an assessment of your current nutrition and activity choices as well as a plan for managing your stress.

After updating or completing your Healthy Living Plan, hand it in to the Career Centre on or before the due date.

Due Date: Tuesday, November 8th, 2016

- I have my **Active Health 10 Personal Trainer Project** from P.E. 10, so I have completed **Plan A**.
- I have attached my P.E. 10 project to my **Plan A**.

First and Last Names: _____

print clearly

Date: _____



Healthy Living Plan A Graduation Transitions

After completing Healthy Living Plan A, attach your P.E. 10 Active Health Project and hand everything in to the Career Centre by **November 8th, 2016**.

Instructions: *Referring to your P.E. 10 Active Health project*, answer the following questions.

1. Which aspects of your Plan have you been easily able to follow since grade 10 (i.e., nutrition, exercise, recreation, stress management, etc.)? Explain your answer using specifics.

Nutrition: _____

Exercise: _____

Recreation: _____

Stress Management: _____

Other: _____

First and Last Names: _____

signature

Date: _____

I have attached my PE 10 Active Health Project to this document.