

## HEALTH FOCUS FORM

Use to fulfill one of the *Leader in Me*/Mountain Man Award requirements.

Name: \_\_\_\_\_

Choose one of the following and make it your focus for the month. Please answer the following questions. Then, complete the reverse side as well before presenting this to your teacher to initial your paper for completion of the health requirement.

Circle your focus for this month:

- Go to bed early (before 9:00 p.m.)
- Don't watch TV, movies, or play electronic game
- Exercise 30 minutes a day
- Eat a healthy breakfast

What month are you working on this goal? \_\_\_\_\_

How did it go? Did you keep your focus the whole month? What made it hard?

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Did you feel better when keeping your focus? How?

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Will you take this focus and keep it as a regular habit in the future? Why?

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