



HEALTH RISK AND BENEFITS WORKSHEET

Name _____ Date _____

Directions: Briefly state the health risk or benefit associated with the behavior.

Smoking



Health risk _____

Excessive body fat



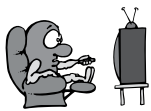
Health risk _____

Substance abuse



Health risk _____

Physical inactivity



Health risk _____

HEALTH RISK AND BENEFITS WORKSHEET *(continued)*



Exercise

Health benefit _____



Muscular strength

Health benefit _____



Physical activity

Health benefit _____



Muscular flexibility

Health benefit _____
