|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Unit 1 Understanding Health and Wellness

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

   action plan       long term       short term       goals       decision making skills       values       advocacy       stress management       stress       conflict resolution       refusal skills       interpersonal       health skills       lifestyle factors       abstinence       prevention       cumulative risks       risk behaviors       technology       culture       environment       heredity       chronic disease       wellness       mental health       spiritual health