**W-1: Rating myself on the 6 components of health 🡨** *This is the title of your assessment*

*(take-home test)*

**Purpose:** Demonstrate your understanding of the 6 components of health, analyze your own health for each, and practice evidence-based writing (which we will continue to do throughout the year)

**Instructions:** For each of the 6 components of health (see your “6 Components of Health” notes and chapter 1.2 in your health textbook for the kinds of things that relate to each category), write a paragraph that includes the following:

**Claim**: Rate yourself as being “*very healthy*”, “*healthy*”, “*unhealthy*”, or “*very unhealthy*”.

* There’s no option for being right in the middle between healthy and unhealthy.

**Evidence**: Provide several (4-5) specific examples of activities/thoughts/behaviors that support your claim.

* If you rate yourself healthy/unhealthy, you will need both positive and negative examples.
* Not specific enough: “I eat healthy food sometimes.”
* Specific enough: “I like eating fruits and vegetables, and I rarely eat chips; but I eat fast food twice a week.”

**Reasoning**: Explain how your evidence (examples) supports the claim (the rating you gave yourself).

* If you feel like you’re in the middle between healthy and unhealthy, explain why you chose the one you did.
* If you rated yourself just healthy/unhealthy, explain why you didn’t choose “*very*” healthy/unhealthy.
* If you rated yourself “*very*” healthy/unhealthy, you can point out how most or all of the evidence is good/bad.