

ACTIVITY:

Create a scale (any type of scale) that consists of 10 statements and use the scale to rate each one.

Verbal Frequency Scale: Always, Often, Sometimes, Rarely, Never

Directions: Put a checkmark (✓) on the option that corresponds to your answer. The Scale below will serve as your guide.

Always (5)	Often (4)	Sometimes (3)	Rarely (2)	Never (1)
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No	(Statements) Habits	Always	Often	Sometimes	Rarely	Never
1.	I wake up in the early morning.					
2.	I clean my room everyday.					
3.	I brush my teeth 3 times a day.					
4.	I drink my milk every morning.					
5.	I take a bath everyday.					
6.	I take my breakfast every morning.					
7.	I always eat healthy foods.					
8.	I drink plenty of water.					
9.	I do exercise.					
10.	I read books.					