

Health – High School

T-Chart

Directions: In this activity, you will be comparing two people. One person is “well” in terms of how we define health. The other person is not well or unhealthy. Each column represents a person. In the column to the left you will detail a healthy person. In the column on the right you will look at aspects of someone who is unhealthy. For each wellness category, provide three examples.

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| **Healthy Person** | **UnHealthy Person** |
| Emotional Wellness  1.  2.  3.  Physical Wellness  1.  2.  3.  Career Wellness  1.  2.  3.  Spiritual Wellness  1.  2.  3.  Social Wellness  1.  2.  3.  Environmental Wellness  1.  2.  3. | Emotional Wellness  1.  2.  3.  Physical Wellness  1.  2.  3.  Career Wellness  1.  2.  3.  Spiritual Wellness  1.  2.  3.  Social Wellness  1.  2.  3.  Environmental Wellness  1.  2.  3. |