

# 7<sup>th</sup> gd. Health Journals

Name: \_\_\_\_\_ (To be completed by the teacher)  
No. of Journals completed: \_\_\_\_\_  
Effort: \_\_\_\_\_  
Period: 7 or 8 (Circle one) End of term journal grade: \_\_\_\_\_

Each entry is to be filled out the day we start that new topic.

**Journal #1: What's peer pressure? Give examples of times you were peer pressured positively or negatively.**

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**Journal #2: How much sleep do you get? What happens when you don't get enough?**

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