7th gd. Health Journals (To be completed by the teacher) Name: No. of Journals completed: _____ **Effort:** End of term journal grade: _____ **Period: 7 or 8** (Circle one) 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. Journal #2: How much sleep do you get? What happens when you don't get enough?

ournal #3: What are things in your sleep environment that help you sleep or make ou comfortable? What are things in your sleep environment that bother you or						
ake it harde	er to sleep? (Think about your room placement in the house, siblings, your TV, cell phone, lights, animals, windows, etc.)					
1 // 4 TAT						
ournal #4: W	hat beverages do you normally consume? Are they good or bad for you?					

disappointed tl	cribe a time when you bought, or got something, and were total at it was not as good as the advertisement described. Has this e food or health related items? Describe.	
Journal #6: Wh	at do you think are the 5 leading <u>preventable</u> causes of death?	

ournal #7: Why do people start smoking and how will you prevent that from appening to you?						
ournal #8: Ho	ow do drugs hur	t people? Ho	ow do drugs	help people?		

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ournal #10:		
Sefore I die, I want to		
erore ruie, rwant to		
wish my parents knew		
wish other people knew		