## CHECKLIST: FILL-IN-THE-BLANK

## Health

Health is
Healthy people are
I would be more healthy if
My father thinks health is
If I were more healthy, I would
In my culture, health is
To be more healthy, I would need to
My mother thinks health is
If health didn't matter
My colleagues think health is
Something I know for sure about being healthy is
My friends think health is
I would be healthier if I
If I were in poor health, I would
Being fit means
Being strong means
In order to feel vital and energetic, I
If I had vibrant health I would
At 95 I will be
Exercise is
My relationship with my health is