

POWERFUL

PROJECT



JANUARY 2022

PALLEN'S MARTIAL ARTS™

AGES 7-11

HEALTH

Health is wellbeing in body, mind and spirit. We are making healthy choices when we eat nutritious foods and drink 6-8 glasses of water per day. Stretching and exercising are also healthy choices. They help us with our endurance (ability to do a heart-pumping activity for an extended period of time), strength (how strong your muscles are) and flexibility (ability to bend and rotate the muscles). In addition, when we practice good hygiene and get enough sleep, we are helping ourselves stay healthy.

A small change in your eating, water intake, exercise level and other health areas can make a powerful difference. Below, work through a commitment that you will make to keep yourself healthy.

Which area of health do you want to focus on for this small powerful change? (check mark)

- | | | |
|-------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Exercise | <input type="checkbox"/> Nutrition | <input type="checkbox"/> Stress-reduction |
| <input type="checkbox"/> Stretching | <input type="checkbox"/> Water-intake | <input type="checkbox"/> Reduction/quitting unhealthy activities |
| <input type="checkbox"/> Hygiene | <input type="checkbox"/> Sleep | <input type="checkbox"/> Other: _____ |

What positive and healthy change will you make this month in order to be healthier for life?

Example 1: "I will commit to eating 3 vegetables per day."

Example 2: "I will commit to doing 25 push-ups before breakfast."

Example 3: "I will commit to flossing my teeth every night."

I will commit to: _____

_____.

This small but powerful change will help me to become a healthier person because: _____

_____.

On a scale from 1 to 10, 1 being "not at all" and 10 being "definite," how likely is it that you will make this change permanent?

Not likely

1 2 3 4 5 6 7 8 9 10