

Discuss with a partner the following questions.....

1. What area of your lifestyle could you change to improve your health?

2. How important is this for you?

3. What are the possible changes you could make to improve this area of your life?

4. What would be the best change to fit in with your lifestyle?

5. What difference will this change make to your life?

6. How confident are you that you can do this on a scale of 1-5?



After your discussion fill in the boxes below:

1. My health pledge is to.....

2. What is the first step you will take to start this pledge?



3. How will you make it measurable?

e.g. When will you start? How often? Which days?
How many? How long?



Back at school - 7. How successful was your pledge?

1	2	3	4	5
Not very successful	successful	successful	successful	Very successful

What will be your next steps?



Level Up Your Life



6. How long will it take you to achieve this pledge? What will be the positive impact on your health?



5. How could you get over these difficulties? Who might support you with this pledge?

