**B2 – Identify factors that enhance health or cause illness**

**Activity goal :** To recognize imbalanced lifestyles and find ways to regain a balance in a daily schedule.

**Tasks :**

#1 Choose one of the fictions characters below. Add details to their basic description.

**Characters**

**John** – 24 year old elementary school teacher.

**Christine** – 33 year old mother of 3 children (2,4,6).

**Joanne** – 21 year old engineering student

**Christine** – 14 year old student

**Paul** – 50 year old father of 2 daughters (14 and 16)

**Doris** – 66 years old, retired and grandmother of 6.

#2 Define the following lifestyles in your own words

* Hurried / over committed –
* Under committed –

#3 Next, choose one of the 2 lifestyles and create a 2-day schedule that demonstrates a typical day for your character. It should begin when they wake up and end at bedtime. Be sure to include the activities they do throughout the day.

#4 Complete the questionnaire on the back of this sheet.

**B2 Grade 8 Health Questionnaire – over committed / under committed**

#1 What activities in your character’s schedule demonstrated their lifestyle?

#2 What health problems can occur from living this lifestyle?

#3 What factors could make it challenging for your character to change their lifestyle? / Why do you think a person may choose to act this way?

#4 What is a balanced lifestyle?

#5 Use your suggestions to create a schedule for a typical day for your character living a balanced life.