

Self-Diagnosis: How Healthy are You?

Instructions: In the last activity you analyzed two client profiles and made observations and recommendations. Now it's time to think about yourself. Imagine you want to complete the profile in the green section about you. What would you write? Have a conversation with your partners about your habits. Only share what you are comfortable sharing. This is a speaking exercise. You do **NOT** have to write.

EXAMPLE		YOURSELF	
Frank – 22 years old University Student		Name - Age Occupation	
Height	Weight	Height	Weight
182 cm	112 kg
College	Sleep	Work / College	Sleep
1 pm – 6 pm	3 am – 10 am
Breakfast – 11 am		Breakfast – ...	
3 bowls of cereal with extra sugar Chocolate milk Fried beef empanada		...	
Lunch – 3 pm		Lunch – ...	
3 slices of pizza Chips Large Pepsi (2 refills)		...	
Dinner – 10 pm		Dinner – ...	
5 pieces of fried chicken Tortillas French fries Fanta Kolita		...	
Observations		Observations	
		...	
Recommendations		Recommendations	
		...	