## 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	