

Section 1-3

Note Taking Guide

Taking Responsibility for Your Health (pp. 12–15)

Healthy People 2010

1. List the two broad goals for *Healthy People 2010*.

a. _____

b. _____

A Healthy You

2. List three steps you can take to meet your personal health goals.

a. _____

b. _____

c. _____

3. Complete the graphic organizer with examples of health skills.

