Name: _____ Grade:_____ School: _____

HEAL HERO CHALLENGE

BE A HEALTHY EATING ACTIVE LIVI NG HERO

A HEALHEROis someone who learned from the HEALprogramandmade changes intheir lifestyle to become healthier. Even a small change for good health can produce great results. Any changes you made, whether small or large, are important. We want to hear your story.

1. a. List any changes you made in your lifestyle to become healthier:

   b. How those changes made you feel?

2. a. Did you share **HEAL** with other people? YES NO
   b. Name the people and explain healthy changes each of them made because of you.

3. a. Circle your 3 favorite things about HEAL:
   Nutrition Games, Heart Rate Monitors, Handouts, Homeplays, Calendars, Posters.

   b. What was the most important lesson you learned from the HEAL Program?

4. PACER test results: PRE_____POST _____

© HEAL, Inc. 2013

G HP7
P HP6