Individually, list your sacrifice and write at least one sentence to explain how this sacrifice could impact the five health domains.

I would sacrifice ____________________ to avoid ____________________ (Condition that was assigned to your group)

State How your sacrifice would affect your Physical Health:
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________

State How your sacrifice would affect your Mental Health:
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________

State How your sacrifice would affect your Social Health:
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________

State How your sacrifice would affect your Vocational Health:
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________

State How your sacrifice would affect your Spiritual Health:
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________
____________________________________________________________________________________________________________________

Write at least 3 health goals you could set to prevent the illness or disease that you were assigned? Don’t forget to make your goals SMART goals.