

# My Plan to Be Healthy & Disease Free for a Lifetime

**Directions:** Answer the questions under each step to complete your plan.

## ► Step 1: Know how and why people get sick.

① Describe at least 3 signals your body sends when it's getting sick:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

② What is the difference between infectious and noninfectious disease?

1. \_\_\_\_\_
2. \_\_\_\_\_

③ Describe at least 3 ways a person could catch an infectious disease:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

④ Describe at least 2 things in the environment that could lead to chronic disease:

1. \_\_\_\_\_
2. \_\_\_\_\_

⑤ Describe at least 3 unhealthy behavior choices that could lead to chronic disease:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

*(continued)*

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(continued)

## ► Step 2: Avoid infectious disease.

What are 2 specific actions you can take to help avoid infectious disease?

1. \_\_\_\_\_
2. \_\_\_\_\_

## ► Step 3: Protect yourself from chronic disease.

What are 3 specific actions you can take to help avoid chronic disease?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ► Step 4: Take action.

What action will you take right now to help yourself stay healthy for a lifetime?

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### Self-Check

- I completed all the questions in Step 1.
- I described 2 actions to take to help avoid infectious disease.
- I described 3 actions to take to help avoid chronic disease.