




# KWHL Chart – Health and Wellness Throughout the Lifespan

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Complete the KWHL chart with the appropriate information.

<p><b>K</b></p> <p>What I <b>KNOW</b> about health and wellness throughout the lifespan</p>	
<p><b>W</b></p> <p>What I <b>WANT</b> to learn about health and wellness throughout the lifespan</p>	
<p><b>H</b></p> <p><b>HOW</b> I learned about health and wellness throughout the lifespan</p>	
<p><b>L</b></p> <p>What I <b>LEARNED</b> about health and wellness throughout the lifespan</p>	