Name	Period	Date

## Notes for Maintaining Your Health and Well-Being

MAIN IDEA	NOTES ON INFORMATION

## UMMARY

## After the slide presentation:

With a partner, on the back of this handout, write a summary of questions, topics or statements which reflect the information from the lesson:

- Discuss the topic
- Write down your thoughts
- Make a real-world connection to the lesson
- How is this going to help you in the future?