**Health Goals Project**

This project is a culminating activity which will include information from all the Health modules you have completed. The nine modules of content you have studied in this online health course include:

1. Understanding Health and Wellness
2. Mental Health and Emotional Health
3. Personal and Healthy Relationships
4. Healthy Eating
5. Disease & Prevention
6. Safety and Environmental Health
7. Tobacco
8. Alcohol and Other Drugs
9. Sexual Health

You are now given the opportunity to evaluate your own personal health, identify potential areas of improvement, and develop goals to make your life a healthier one.

**Directions**

Please select **four** out of the nine modules and share the following information for each module in a word processing document or presentation tool. Each of your four units is worth a total of 25 points.

You must include the following items:

**Module Title**

Choose which of the 9 areas you would like to see positive change.

**Personal Goal for Health Improvement**

Identify your personal goal is for this module's topic

Provide specific information, such as:

* What is your goal?
* How long are you giving yourself to achieve this goal OR when you will re-evaluate your goal to see if you're making progress and need to make changes in your plan of action
* What is/are the specific criteria you will need to see if you are on the path to achieving your goal

**Plan of Action**

What specific steps will you need to take to achieve your goal, or at least make progress towards such achievement? (Identify at least 3 steps per unit goal).

**Facts from Online Health that will help facilitate achieving this goal**

Clearly identify at least two facts you have learned in this course that pertain to your goal and will help you in reaching your goal.

Finally, make sure your project is in font size 12 and the font must be easy to review. Your completed project should be submitted when finished.