

# Health Risk Appraisal Activity

- Directions:
1. Take out a separate sheet of paper
  2. Log on to the website [www.livingto100.com](http://www.livingto100.com)
  3. Proceed to the area "Take the Calculator"

Directions: Answer the questions to the best of your ability. When you are finished, write down your results and answer the following questions, according to your test results:

1. What is your predicted life expectancy? (1 pt.)

## **Click on the "retrieve feedback" option**

2. What are the suggestions that were made to you in regards to the following categories? List as many suggestions that are provided to you. If none are made for some areas, leave that area blank. (6 pts.)
  - a. personal
    - 1.
    - 2.
    - 3.
  - b. lifestyle
    - 1.
    - 2.
    - 3.
  - c. nutrition
    - 1.
    - 2.
    - 3.
  - d. medical
    - 1.
    - 2.
    - 3.
3. Choose one of the above specific behaviors (from above) that requires improvement and devise a plan to improve this behavior. Describe your plan in a well developed paragraph (i.e. I need to reduce the amount of soda I drink. I will eliminate the soda I have every day after school. I will do this by having water bottles in my locker instead of buying soda). Why would this behavior need changed and how could it benefit you? (5 pts.).

