



# HEALTH REPORT CARD

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Name:

Date:

COURSE CODE AND TITLE	GRADE	COMMENTS
Healthy Eating		
Water Intake		
Exercise		
Weight Training		
Relaxation		
Sleep		
Spirituality		
Passion		
Fun		
Laughter		
Stretches		

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## GRADE SCALE

**A** = Awesome (Proud of you)

**B** = Doing Well (I know you can do better)

**C** = Passing but needs improvement

**D** = Off Track (Let's get back on track)

**F** = Failing (But I can help!)