

Answer each question with complete sentences. Explain in detail.

Health History Reflection

1. Do you think of yourself as healthy? ____ (1 low to 10 high) Explain:
2. How often do you visit a dentist? ____ Explain:
3. Have you ever visited an alternative health care provider or specialist?

(chiropractor, dermatologist, herbalist, healer, gynecologist, etc.)
Explain:
4. When was the last time you were concerned about your health? What happened? What did you do about it? Explain:
5. Do you take vitamins or supplements? ____ Explain:
6. Do you currently take medication that you will need to take for the rest of your life? ____ Explain:
7. What is your blood pressure? ____ (Wal-Mart is free)
Are you within the normal range? ____
8. What is your resting pulse rate? ____
9. Currently what do you do that is healthy for your body? Explain:
10. What is one major thing you could do to improve your overall health?
Explain:
11. When was the last time you were concerned about a family members' health? What happened? What was done to help them? Explain:
12. Is most of your family in good health? ____ Explain:

Answer each question with complete sentences. Explain in detail.

13a. What illnesses and/or diseases run in your family? Explain:

13b. What happened to the individual(s) with the illnesses/diseases? Explain:

13c. What was done to treat the illnesses/diseases? Explain:

14. What could you do to prevent any known illnesses or diseases that run in your family?

15. What is the most important fact you learned from this assignment? Explain: