

# Table of Contents

PE 8 Health Unit 2018-2019

<b><u>CHECKLIST</u></b>	<b><u>MARK</u></b>
<input type="checkbox"/> Title Page -----	5
<input type="checkbox"/> Personal Wellness Inventory -----	10
<input type="checkbox"/> Sleep Diary (7 days) -----	15
<input type="checkbox"/> Body Image & Self-esteem	10
<input type="checkbox"/> What I love about me -----	10
<input type="checkbox"/> Body Image in Ads Handout -----	10
<input type="checkbox"/> Stress	
<input type="checkbox"/> Symptoms of Stress & The Perceived Stress Scale -----	10
<input type="checkbox"/> Identifying My Stress -----	10
<b>TOTAL</b>	<b>70</b>

All handouts can be found on the class site:

<http://blogs.ubc.ca/msseto/pe-resources/>