

# Always Changing & Growing Up

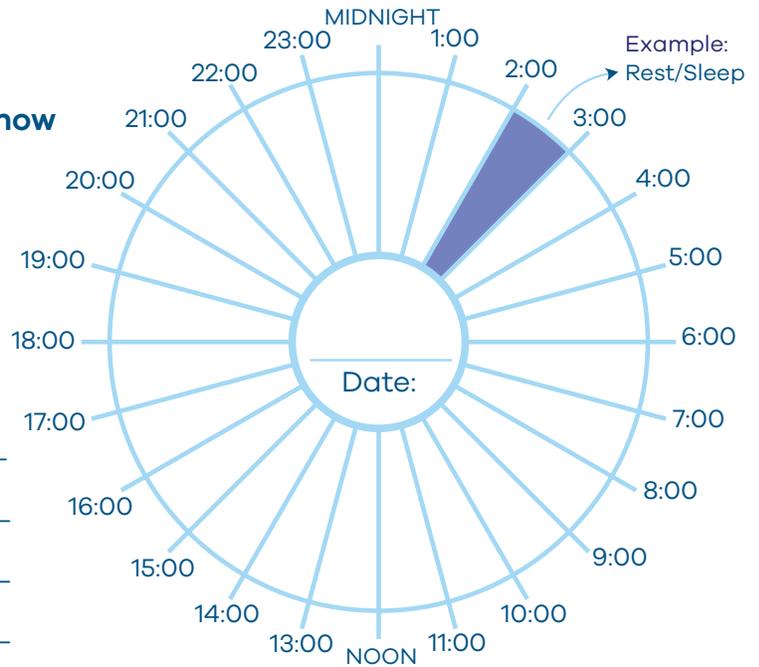
## Taking Care of Yourself

Healthy habits can help you manage with the physical and emotional changes that accompany puberty. Your body is growing rapidly, and you may have increased needs for physical activity, sleep and nutrition.

**On the 24-hour clock to the right, keep track of how you care for yourself based on an average day. Use a different colour to show:**

- Rest/Sleep
- Physical Activity
- Meals/Snacks (specify)
- Other (specify)

**Notes:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



### Personal Care Profile

I get \_\_\_\_\_ hours of sleep a night (on average).

I spend \_\_\_\_\_ hours a week being physically active (on average).

My favourite forms of activity are: \_\_\_\_\_  
 \_\_\_\_\_

My favourite healthy foods are: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

I can improve my health habits by: \_\_\_\_\_  
 \_\_\_\_\_

- In small groups, research the nutritional, physical activity and rest needs of teenagers. Compare these findings with your own health habits. In what areas could you improve? Need ideas? Check out the Canadian 24-Hour Movement Guidelines and Canada’s Food Guide.
- Prepare an information book called “Know Your Body.” In it, you might include a diagram of the external and internal reproductive systems, an explanation of the menstrual cycle, and a glossary of terms associated with the body.