



DRIVING QUESTION

How can I use what I learn about my current health habits and family history to design a realistic plan that improves my well-being now and reduces my risk for chronic disease in the future?

PROJECT SUMMARY

In the Personal Health Project, students will take on the challenge of evaluating and improving their own health behaviors to promote long-term wellness. They will learn about eight essential health-promoting behaviors, explore how family health history can influence personal risk for chronic disease, and understand how daily choices impact overall well-being. Students will track their habits over five days, analyze the results, and identify strategies for positive change. The project will culminate in a personalized health improvement plan that reflects their findings and sets realistic goals for a healthier future. Along with a group-created PSA highlighting one of the essential health-promoting behaviors.

REAL-WORLD CONTEXT

This project mirrors the way health professionals, coaches, and wellness experts track and analyze health behaviors to make informed recommendations. Students explore habits that directly affect their current and future well-being, connecting classroom learning to personal life choices.

PRODUCTS & AUDIENCE

The final products will be shared in two ways. Individually, students will present their personal health improvement plans in a format that could be shared with a trusted adult, coach, or healthcare provider. In groups, students will create a short Public Service Announcement video promoting one of the eight health-promoting behaviors.

STUDENT REFLECTIONS

- “The glow and grow protocol really helped us plan how we needed to fix our presentation.”
- “I liked the driving question, and I felt like it explained the unit.”
- “Working with my peers helped me learn how I can later work with clients and coworkers.”
- “I learned how and why to set up an appointment and advocate for myself, which was interesting.”

NC PORTRAIT OF A GRADUATE SKILLS GAINED

 COLLABORATION

 COMMUNICATION

 CRITICAL THINKING

 PERSONAL RESPONSIBILITY

 LEARNER'S MINDSET

TEACHER REFLECTION

“Students showed strong engagement and growth throughout the project, especially in recognizing patterns in their habits and areas for improvement. The group presentations were creative and communicated clear, realistic health strategies. Overall, students applied the content in meaningful and personal ways.”