|  |  |
| --- | --- |
| * With over 200 different health careers, in a variety of healthcare facilities, certain professional standards should be followed. * When we meet someone for the first time, we develop an opinion of them within the first 20 seconds to 4 minutes. Therefore, we must: | |
| **WAYS TO PROMOTE GOOD HEALTH** | |
| 1. Diet |  |
| 2. Rest |  |
| 3. Exercise |  |
| 4. Avoid alcohol, tobacco, & drugs |  |
| 5. Good posture |  |
| **PROFESSIONAL APPEARANCE** | |
| 1. Uniform |  |
| 2. Name badge |  |
| 3. Shoes |  |
| 4. Personal hygiene |  |
| 5. Nails |  |
| 6. Hair |  |
| 7. Jewelry & make-up |  |
| **PERSONAL CHARACTERISTICS** | |
| 1. Empathy |  |
| 2. Honesty |  |
| 3. Dependability |  |
| 4. Willingness to learn |  |
| 5. Patience |  |
| 6. Acceptance of criticism |  |
| 7. Enthusiasm |  |
| 8. Self-motivation |  |
| 9. Tact |  |
| 10. Competence |  |
| 11. Responsibility |  |
| 12. Discretion |  |
| 13. Team player |  |

**Personal Appearance**

On a scale of 1 = Poor to 5 = Excellent, how would you rate yourself in the following areas of

good health:

\_\_\_\_\_ Diet

\_\_\_\_\_ Rest

\_\_\_\_\_ Exercise

\_\_\_\_\_ Good posture

\_\_\_\_\_ Avoid use of tobacco, alcohol, and drugs

What is your career goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (If you are not sure,

pick one to complete this activity.)

Now, describe your ideal appearance for this career:

Uniform/Clothing –

Name Badge –

Shoes –

Personal Hygiene –

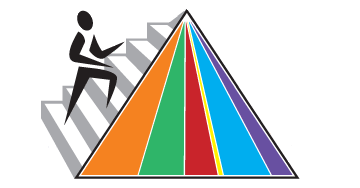
Nails –

Hair –

Jewelry –

Makeup –

**Food Diary**

On a separate sheet of paper, write down everything you

eat a day. Try to make it as normal of a day as possible.

Write down your normal exercise.

Fill in your results in the chart below and answer the

questions at the end of this page.

|  |  |  |
| --- | --- | --- |
| **Major Food Group** | **Recommended Daily Servings** | **My Number of Servings** |
| Bread, cereal, rice and pasta | 6-11 |  |
| Fruits | 2-4 |  |
| Vegetables | 3-5 |  |
| Meat, poultry, fish, dry beans, eggs and nuts | 2-3 |  |
| Milk, yogurt and cheese | 2-3 |  |
| Fats, oils and sweets | Use sparingly |  |
| Exercise | 1 hour |  |

1. On a scale of A – F, in terms of healthy eating, what grade would you give yourself f? \_\_\_\_\_\_\_\_
2. What would you say is your personal greatest barrier to healthy eating?
3. If you wanted to improve your eating habits by cutting one specific food out of your diet

and adding one new food, what would you cut out, and what would you add?

1. If you were overweight and wanted to lose weight to improve your overall health; what

should you follow?