Think back to the ROSE lesson from a month ago.

1. List 3 things you remember from the lesson.
   1) ________________________________________________________________
   2) ________________________________________________________________
   3) ________________________________________________________________

2. What did you tell your family about the ROSE lesson?
   ______________________________________________________________________

3. Did you try to do anything to be healthy after the lesson?
   a. Yes
   b. No

4. If you tried to do something to be healthy, what did you do?
   ______________________________________________________________________

5. If you tried to do something to be healthy, how good of a job did you do?
   Very Good Job       Good Job       Not So Good Job       Bad Job

6. If you tried to do something to be healthy, did anyone help you?
   a. Grandparents
   b. Parents
   c. Brothers/Sisters
   d. Friend
   e. Other: ____________

7. If someone helped you do something healthy, what did they do?
   ______________________________________________________________________

8. How would you describe your health? My health right now is:
   Excellent       Very Good       Good       Not So Good       Bad