

DHTA1 SESSION 1

ACTIVITY: THE CHECKLIST GAME

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Partners





THE CHECKLIST GAME

Let's check if you have a good knowledge of how to take care of your health

	QUESTION	YES	NO
	Do you visit the dentist at least once a year?		
	When you feel sick, do you tell your relatives so they can help you?		
	Do you exercise regularly?		
	Do you eat fruit and vegetables every day?		
	Do you make your own doctor's appointments?		
	Did you know that you can make an appointment with the doctor online?		
	Do you always know when you have to take your medicine?		
	You know what to do if a colleague gets nervous or anxious?		
	Do you have any apps on your phone that help you manage your health?		
	Have you ever been vaccinated for flu or COVID?		

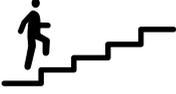


THE CHECKLIST GAME

Count how many "yes" and how many "no" you have answered and write it in the boxes

YES	NO

And now, check your result

0 to 3 "yes"	 Starter	<p>You need to work in health self-management. This course will help you: you are just starting out, but remember that the most important part is already done just by making that decision to start.</p>
4 to 5 "yes"	 Mover	<p>You have a lot of room for improvement. If you apply yourself to the course, you'll understand the fundamentals and be able to apply them in your daily life. Keep going!</p>
6 to 8 "yes"	 Advanced	<p>You are aware of the importance of knowing your mind and body and you like to stay up to date about health issues. The course is becoming more and more interesting and will help you understand yourself better so you can make decisions about your well-being. Keep working.</p>
9 to 10 "yes"	 Flyer	<p>You are a person who cares about your well-being and makes decisions about your health. Go ahead with the course, you will find many advanced resources that will allow you to improve your health management.</p>