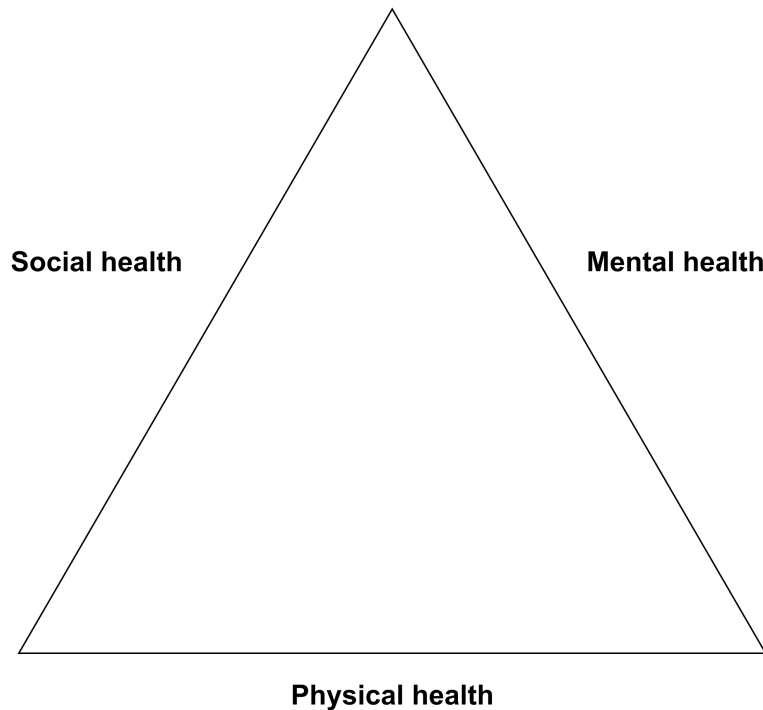


Health Triangle Worksheet

Name: _____ Age: _____ Date: _____

The health triangle is a model that represents the three key aspects of personal well-being: physical health, mental/emotional health, and social health. This worksheet helps you assess three key health areas.



Self-assessment

Rate each aspect from 1 (poor) to 5 (excellent).

Physical health	1	2	3	4	5
Regular physical activity (exercise, movement)					
Nutritional choices (balanced meals, hydration)					
Sleep quality and consistency					
Preventative healthcare (check-ups, hygiene, vaccinations)					
Reflection questions	Answer				
1. What are the biggest challenges in maintaining a healthy lifestyle					
2. How do current habits affect daily energy and well-being?					
3. What steps can be taken to improve your physical health?					

Social health	1	2	3	4	5
Ability to form and maintain positive relationships					
Comfort in social situations and group settings					
Support system (family, friends, community involvement)					
Communication skills (expressing needs, active listening)					
Reflection questions	Answer				
1. How strong is your current social support system?					
2. Are there any barriers to forming or maintaining relationships?					
3. What can be done to improve your social health and engagement?					
Mental and emotional health	1	2	3	4	5
Ability to manage stress and emotions effectively					
Self-esteem and confidence in personal abilities					
Coping strategies for challenges and setbacks					
Awareness of when to seek help or support					
Reflection questions	Answer				
1. What strategies do you currently use to manage stress and emotions?					
2. How does mental and emotional well-being affect your daily life?					
3. What steps can be taken to strengthen your mental resilience?					
How do you see the connection between your physical, mental, and social health in your daily life, and how do they influence each other?					

Action plan

Based on your assessments, choose one goal for each health area and list steps to improve overall well-being:

Physical health goal:

Steps:

Social health goal:

Steps:

Mental/emotional health goal:

Steps: