HEALTHY Study Form ST8 Health Thermometer

School ID: ___ ___

Student ID: ___ ___ ___ - ___ ___ - ___ ___ ___ ___ ___

1. Grade:

☐₆ 6ᵗʰ   ☐₇ 7ᵗʰ   ☐₈ 8ᵗʰ

Best health I can imagine

Instructions:

Please use this scale to describe how good or bad your health has been over the past month (about 30 days). The scale is drawn like a thermometer. The best health you can imagine is at 100 on the scale, and the worst health you can imagine is at 0.

Draw a line from the box below to the point on the scale that indicates how good or bad your health has been over the past month, or 30 days.

Your own health over the past month

100
90
80
70
60
50
40
30
20
10
0

Worst health I can imagine