**Journal Entries Chapter 12  
College and Career Success, 7th Edition  
Name:**

Directions: The journal entries are an opportunity to think about the material in the text and apply it to your own life. Answer the questions with a paragraph or list rather than a phrase or sentence.

1. Calculate your BMI. Based on your BMI, do you need to maintain, lose, or gain weight?

My BMI is . . .  
Based on my BMI, I need to . . .

1. There is a saying, “You are what you eat.” Based on the information in this text and at [www.choosemyplate.gov/,](http://www.choosemyplate.gov/,) how can you improve your nutrition to maintain optimum health?
2. Are you getting enough sleep for optimum performance in school and to maintain good health? If not, what is your plan to get more sleep?
3. Comment on your level of stress. What stress management techniques work best for you?
4. Write at least five intention statements about improving your health. Think about nutrition, exercise, avoiding addictions, preventing disease and relaxation, or other factors influencing your health. I intend to . . . .