**Family History**

**In this section, you will evaluate your family history and some possible health risk factors. You may use pictures, diagrams, photos, logos, or words.**

1. Illustrate your family tree starting with you maternal and paternal grandparents, parents, aunts, uncles, and your immediate siblings (use the family tree provided as a guide).
2. Are you aware of any health risk factors (illness, diseases, or disorders) that may run in your family?
3. Do you put yourself at risk with any activities that you choose to participate in?
4. Describe health lifestyle practices that you and your family incorporate into your routine.
5. What are you doing to insure that you are leading a healthy lifestyle?