***DO NOT PRINT OFF THIS DOCUMENT***

**Health Binder Checklist**

* Course materials are contained within a standard 3-ring binder; no binders with zippers, Velcro, binder covers, etc please
* BioCollage is present in the outer window of the binder or in a page protector within the rings of the binder
* Table of Contents is present (provided)
* Six dividers *with tabs* are present (can be homemade, Mrs. Reed has a tab punch that may be borrowed); section dividers should be in the order denoted on the Table of Contents
* Papers are punched & secured in the rings of the binder, in their appropriate sections (see Table of Contents for details)
  + Repair papers with torn holes with tape and repunch
  + No papers inside pockets of binder and/or dividers
  + No papers/items from other courses in binder
  + Extra notebook paper goes in the Journal section
* Notes are present, completed and in numeric order by page number (like a book)
* All journal entries are present (in chronological order, earliest to most recent) and *thoroughly* completed

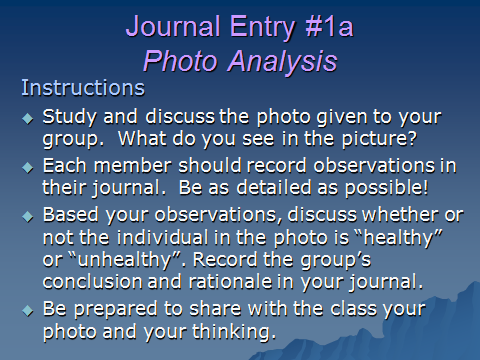
Journal Entry Guidelines:

* Journal entries constitute the bulk of your binder check score so make sure they’re thoughtful, thorough and, well…present!
* Clearly head each journal entry by number (i.e. Journal Entry #3); it would be helpful to highlight, underline or box each journal entry header for ease of identification
* Write small (not to be confused with less) and use both sides of your paper to reduce paper consumption
* If you’re absent or could not finish an entry in the time provided in class, all journal entry prompts can be found on the course website under “Course Files by *Unit*” and then “Miscellaneous Course Files”
* **NOTE: Journal entries will be kept confidential** *unless*language/illustrations suggest abuse of a student is occurring and/or a student is threatening to hurt them self and/or somebody else (teachers, administrator, coaches, etc are *mandatory reporters* by law)

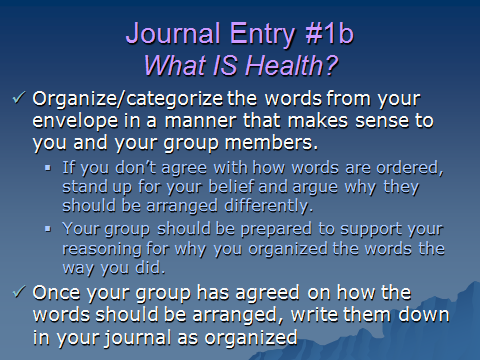
**Journal Entry Prompts**

Journal Entry #1: Introduction to Health Assigned 2-5-18

1. Who is Healthy? Activity & Discussion



1. What is Health? Activity & Discussion



Words below, on next page…



Journal Entry #2: