



## Note-taking Sheet

### For your Grade 12 Book List Selection

To What Degree Can One Person Have a Positive Effect on Their Own Health and Well-Being?  
Complete the chart below using the book you selected from the list for 12<sup>th</sup> graders.

<b>Title of Book</b>
<b>Why did you choose it?</b>

<b>Please answer before you read the book, based on your general knowledge of physical, mental, social and environmental what degree can one person have a positive effect on their own health and well-being?</b>	<b>Please answer the question again now that you have completed the book, to what degree can one person have a positive effect on their own health and well-being? Use evidence from your book to support your claim</b>
1.	1.
2.	2.
3.	3.
<b>Weigh your evidence and answer the question: To What Degree Can One Person Have a Positive Effect on Their Own Health and Well-Being?</b>	

*This chart was adapted from the Braintree Public Schools Summer Reading Program.*