

The steps of analyzing influences worksheet

Name: _____ **Date:** _____

Instructions: Complete this worksheet as you go through the Analyzing influences lesson. This activity outlines the four steps of analyzing influences, and you will fill in how to complete that step and why this step is important.

Step 1: Identify influences on health behaviors.

How do you complete this step?

Why is this step important?

Step 2: Examine influences on health behaviors.

How do you complete this step?

Why is this step important?

Step 3: Think about how influences interact.

How do you complete this step?

Why is this step important?

Step 4: Find ways to choose positive influences over negative ones.

How do you complete this step?

Why is this step important?