

My Plan for Healthy Skin

Lesson Title: Skin: The Behavior and Health Connection

Page 1 of 1

Name: _____

What is your skin type? What kinds of problems have you had with your skin?

What is the best way to treat your type of skin?

What do you do now to keep your skin healthy?

What environmental factors threaten your skin most? What can you do about them?

What behaviors can you change to improve the health of your skin?