Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Personal Appearance**

Read section 3.1 Personal Appearance in *Health Science Career Exploration* and answer the following questions:

On a scale of 1 = Poor to 5 = Excellent, how would you rate yourself in the following areas of good health:

\_\_\_\_\_ Diet

\_\_\_\_\_ Rest

\_\_\_\_\_ Exercise

\_\_\_\_\_ Good posture

\_\_\_\_\_ Avoid use of tobacco, alcohol, and drugs

What is your career goal? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (If you are not sure, pick one to complete this activity.)

Now, describe your ideal appearance for this career:

Uniform/Clothing –

Name Badge –

Shoes –

Personal Hygiene –

Nails –

Hair –

Jewelry –

Makeup -