

Personal Health Reflection Paper
30 points

Content

- I. Introduction (1/2 page)
 - a. Please provide a detailed statement of your overall experience with the healthy heart screening procedures. How did you feel knowing you would be getting screened for a number of different risk factors for heart disease? How did you feel knowing you would be screening other individuals in class?
- II. Baseline Screening (1 page)
 - a. Please provide your baseline screening results and provide an explanation of what they mean. How did you feel about your results, and how did your behaviors and/or perceptions change/not change after being screened for heart disease risk factors?
- III. Lab Practicum Screening (1.5-2 pages)
 - a. Please provide your lab practicum screening results and provide an explanation of what they mean. How do your lab practicum screening results compare to your baseline screening results? Why do you think some things did/did not change? How can you improve in problem areas?
- IV. Conclusion (1/2 page)
 - a. Moving forward, explain 2-3 lessons that learned from the healthy heart screening experience both as a patient and as a screener.

Formatting, etc.

- **Font, Spacing, etc.:** Content of the paper must adhere to the following specifications:
 - Times New Roman font
 - 12-point
 - Double-spaced
 - 1" margins on all four sides
- **Length:** Content must be a minimum of 3.5 pages in length, not to exceed 4 pages.
- **References (in APA format):** At least 5 sources should be cited in your paper and you need a reference page as well.

Submission: The correct document must be typed and *properly submitted* as an attachment to the correct assignment folder in Blackboard by the deadline listed above by each student