

PERSONAL LIFE SKILLS

10273 Entry Level 3 Award

10274 Entry Level 3 Certificate

Unit 4: Introducing personal health and wellbeing

CANDIDATE EVIDENCE CHECKLIST

This form should only be used for candidates not using the Candidate Evidence Booklet or if supplementary tasks are to be inserted in to the Evidence Booklet.

CANDIDATE'S NAME

<p>The work you submit for assessment must be your own. You must not copy from someone else or allow someone else to copy from you.</p> <p>I confirm that this is all my own work.</p> <p>Candidate's signature Date</p>
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Assessment criteria	Document/Page number	Attached (insert ✓)
1.1 Identify aspects of good (a) physical health and wellbeing (b) mental health and wellbeing (c) emotional health and wellbeing		
2.1 Identify factors that might affect personal health and wellbeing in (a) a positive way (b) a negative way 2.2 Outline ways of staying (a) physically healthy (b) mentally healthy (c) emotionally healthy		
3.1 Identify personal choices that could affect health 3.2 Identify benefits and risks of personal health choices		
4.1 Identify sources of information about health and wellbeing		