

PERSONAL LIFE SKILLS

10275 Level 1 Award

10276 Level 1 Certificate

Unit 5: Understanding how to maintain 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 symptoms of physical, mental and emotional ill health 1.2 Identify symptoms of sexually transmitted infections (STIs) 1.3 Outline ways to prevent STIs		
2.1 Identify factors that may affect mental and emotional health and wellbeing in (a) positive ways (b) negative ways 2.2 Outline how external factors may affect feelings, emotions and behaviour in a positive and negative way 2.3 Outline positive ways of managing external effects on health and wellbeing		
3.1 Outline reasons for personal choices that could affect health and wellbeing 3.2 Outline how personal choices can affect health and wellbeing in (a) the short-term (b) the long-term		
4.1 Identify situations where advice on health and wellbeing may be needed 4.2 Identify sources of information on health and wellbeing 4.3 Describe how to use sources of advice about health and wellbeing 4.4 Outline how to get help in an accident or emergency		