

Chapter 6

Name _____ Date _____ Period _____

Lesson 6.3 Graphic Organizer

Healthy Weight Management

As you read Lesson 6.3, use the table below to list the strategies for healthy weight management. Then, write one or more summary statements that briefly describes the strategy. Put an asterisk next to the strategy or strategies you believe are most effective. Then, put a check mark next to those you would likely do. Think about other strategies you might use for healthy weight management and add them to your list.

Strategies	Summary Statements