

N E W S T A R T ASSESSMENT FORM (BY MONTH)

Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; ²⁰you were bought at a price. Therefore honor God with your bodies. 【1 Corinthians 6 19-20】

Scoring Method: (Maximum 33 points per month)

Effort	None	Small	High	Very high
Scale	0	1	2	3

Items	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May
	Rating	Rating	Rating	Rating	Rating	Rating	Rating	Rating	Rating
N) Eat three regular and balanced meals									
E) 30 minutes of exercise three times a week									
W) Drink 8 glasses of water daily									
S) Sunbathing - no more than 15 minutes each time, no more than 2 hours throughout the day									
T) Daily moderation (avoid watching too much TV, making phone calls, sending SMS messages, shopping and chatting)									
A) Deep breathing 10 times a day									
R) Sleep 8 hours a day									
R) Communicate with your family for 30 minutes a day and tell them how you feel									
T) Daily Devotional Reflection 30 minutes									
T) Attend weekly church meetings									
T) Read at least 3 pages of spiritual inspirational books per week/pray often									
Total score(Monthly)									
Class Teacher's Signature:									

Performance Rating Scale :

Total score(Monthly)	評 語
0 ~ 10	Go for it! You've taken the first step, and if you keep doing it, you'll be successful!
11 ~ 25	Well done! You're very close to your health goal, keep up the good work!
26 ~ 33	Very good! You are healthy in both body and mind! Your life is going to be wonderful!

Warm Tips:

- (1) Students should follow the "N E W S T A R T New Starting Point Monthly Self-Assessment Form" daily for each item.
- (2) Submitted to the classroom teacher for review and signature at the end of each semester.

NEWSTART 新起點 每月自評表

「你們豈不知道你們的身體是聖靈的殿嗎？這聖靈是從神而來，住在你們裏面的。而且你們不是屬自己的人，因為你們是重價買來的。所以，要在你們的身體上榮耀神。」【林前 6:19-20】

計分方法: (每月最高可得 33 分)

完全沒有做	達不到標準	差不多做足標準	做足標準 ☺
0	1 分	2 分	3 分

實 踐 項 目	9 月	10 月	11 月	12 月	1 月	2 月	3 月	4 月	5 月
	評分	評分	評分	評分	評分	評分	評分	評分	評分
N) 三餐定時均衡進食									
E) 每周三次 30 分鐘運動									
W) 每日飲 8 杯水									
S) 曬太陽--每次不超過 15 分鐘， 全日不超過 2 小時									
T) 每日節制(避免過量睇電視、打 機、發短訊、購物及傾無聊閒 話)									
A) 每日深呼吸 10 次									
R) 每日睡覺 8 小時									
R) 每日用心與家人溝通 30 分鐘 及說出感受									
T) 每日靈修反思 30 分鐘									
T) 每周參加教會聚會									
T) 每周閱讀心靈勵志書籍最少 3 頁/常常禱告									
每月總分:									
班主任簽署:									

每月表現評分標準：

每月總得分	評 語
0 ~ 10 分	加油！ 你已踏出第一步，若肯持之以恆去實踐的話，你必定會成功！
11 ~ 25 分	做得好！ 你距離健康的目標很近了，繼續努力！
26 ~ 33 分	非常好！ 你的身體與心靈兩方面都很健康!你的生命一定會很精彩！

溫馨提示：

- (1) 同學每日應依照「NEWSTART 新起點每月自評表」實踐各項目。
- (2) 每學期終結時交班主任審核及簽署。