



***** **INTENSIFYING THE APPLICATION OF HEALTHY HABITS THROUGH PROJECT TEAM (TOGETHER EVERY ACTIVITIES MONITORED)** *****

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ABSTRACT

Responsive to the demands of holistic development of learners, health must be prioritized as well. Several studies pointed out the unhealthy practices of the high school students which posed significant concern for the school and its stakeholders. This study aimed to determine the frequency of practice and issues and challenges on the application of healthy habits. Quantitative research design was utilized employing a survey questionnaire. The participants of this study are Grade 7 students of Lian National High School. The results revealed that the students sometimes practice healthy habits with emphasis on the need to strengthen the reducing and reusing of materials to care for the planet and eating the right amount of food portions. Moreover, it was revealed that the main issues and challenges encountered by the students in terms of the application of healthy habits are their awareness on the importance of healthy habits, time, and interest. Therefore, a project entitled TEAM (Together, Every Activities Monitored) was proposed based on the findings of this study.

Keywords: *healthy habits; issues; challenges; TEAM; monitoring*

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