

Chapter 12

Health and Fitness

Create a sequence chain that starts with a risky behavior. What consequences can you see for the behavior?

```
graph TD; A[ ] --> B[ ]; B --> C[ ]
```

The diagram consists of three empty rectangular boxes arranged vertically. The top box is connected to the middle box by a downward-pointing arrow. The middle box is connected to the bottom box by another downward-pointing arrow. This structure is intended for students to write a sequence chain starting with a risky behavior and listing its consequences.