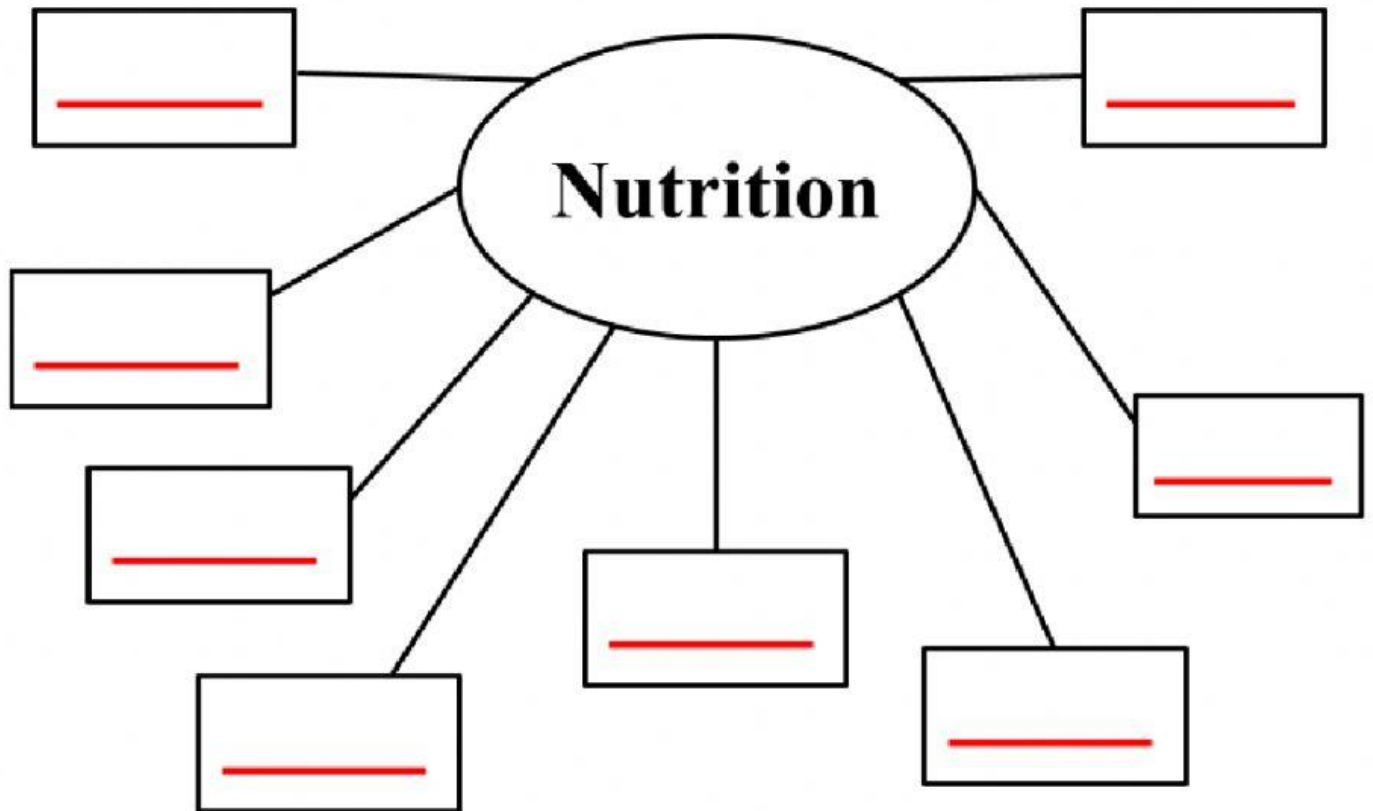


# Wellness

Name: \_\_\_\_\_

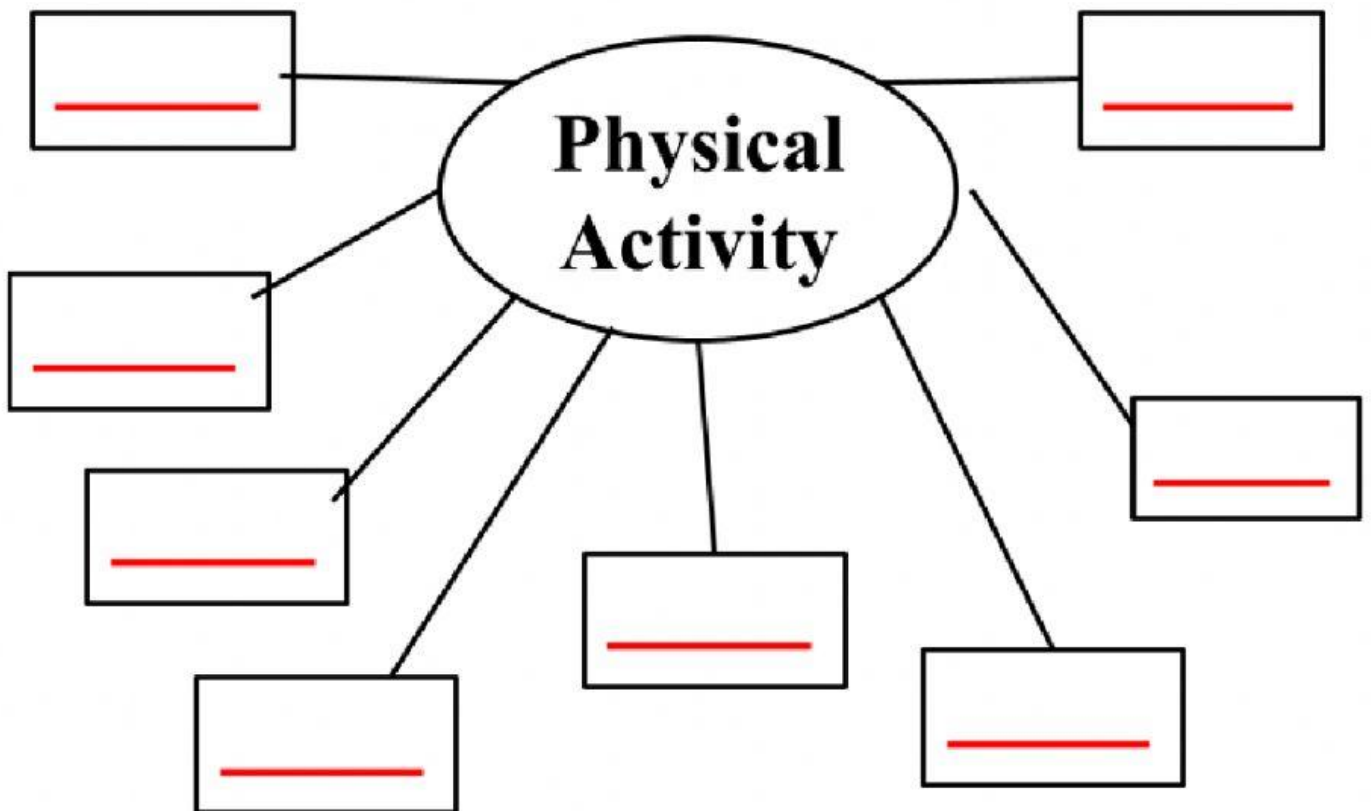
In the boxes below, **WRITE** down **FIVE** or **MORE** words that you think of  
**NUTRITION**



# Wellness

Name: \_\_\_\_\_

In the boxes below, **WRITE** down **FIVE** or **MORE** words that you think of  
**PHYSICAL ACTIVITY**



# Wellness

Name: \_\_\_\_\_

In the boxes below, **WRITE** down **FIVE** or **MORE** words that you think of  
**MINDFULNESS**

