



HEALTHY OR UNHEALTHY?

Healthy

Unhealthy

- | | | |
|------------------------------------|--------------------------|--------------------------|
| 1 I brush my teeth every day.----- | ☐ | ☐ |
| 2 I play video games often.----- | ☐ | ☐ |
| 3 I don't drink water.----- | ☐ | ☐ |
| 4 I walk my dog.----- | ☐ | ☐ |
| 5 I go to bed early.----- | ☐ | ☐ |
| 6 I eat junk food.----- | ☐ | ☐ |
| 7 I ride my bike.----- | ☐ | ☐ |
| 8 I eat a lot of cookies.----- | ☐ | ☐ |
| 9 I don't sleep well.----- | ☐ | ☐ |
| 10 I wash my hands well.----- | ☐ | ☐ |
| 11 I stay up late.----- | ☐ | ☐ |
| 12 I play golf.----- | ☐ | ☐ |
| 13 I practice yoga.----- | ☐ | ☐ |
| 14 I don't eat sugar.----- | ☐ | ☐ |

