HEALTHY AND UNHEALTHY HABITS

Hi, my name is Katrina and I need some advice on how to improve my lifestyle. I have been trying to live a healthy life for many years, but there are some things I do that prevent me from achieving this goal. I eat a lot of fruits and vegetables every day, but I eat in front of the TV and get very distracted. Also, I drink a lot of water every day, but on the weekends, I go out partying and drink a lot of alcohol. Despite this, I try to exercise four times a week, but I procrastinate a lot and sometimes I don't have the time to do it. Also, since I don't know how to organize myself very well, I end up doing things during the night and I sleep less than five hours. However, I don't sleep with my cell phone nearby so I can rest better.

LIVEWORKSHEETS

Put in the correct chart the habits that are healthy and the ones that are unhealthy.

Eating a lot of fruits and vegetables every day	Eating in front of the TV and get very distracted
Drinking a lot of water every day	Exercising four times a week
Drinking a lot of alcohol	Procrastinating
Organizing badly	Sleeping less than five hours
Sleeping without the cell phone nearby	

Healthy Habits	Unhealthy Habits

LIVEWORKSHEETS