



## YOUR PROFESSIONAL IMAGE

NAME:

DATE:

**Instructions:** Place correct answers in **the correct order** in the spaces provided.

1. Name eight guidelines for maintaining a healthy body and mind.

- a.
- b.
- c.
- d.
- e.
- f.
- g.
- h.

2. What four items are affected by what we eat?

- a.
- b.
- c.
- d.

3. Define personal grooming: