

Habits

drinking sugary drinks -- eating a lot of salty/fatty food -- getting fresh air -- going for a walk every day -- playing too many computer/video games -- going to the doctor for a check-up -- staying up late -- playing tennis/basketball/soccer -- taking vitamins -- drinking lots of water -- smoking -- getting eight hours of sleep -- eating a balanced diet -- watching lots of TV sunbathing -- eating lots of sugar

Do's ✓	Don'ts ✗