

My Daily Routine

Choose the items that are “good habits”.

- a) Do exercise
- b) Eat junk food everyday
- ☒ c) Sleep 5 hours at night
- ☐ d) Always brush your teeth after eating
- ☐ e) Meditate everyday
- ☒ f) Not brushing teeth
- g) Drink water everyday
- h) Play outside
- i) Eat a lot of candies
- j) Sleep 8 hours
- k) Spent all day watching tv
- l) Eat healthy
- m) Smoke
- n) Have positive thoughts

