



HEALTHY HABITS



**I DO EXERCISE
EVERY DAY**



**I HAVE A SHOWER
EVERY DAY**



**I CONTROL MY
SCREEN TIME
EVERY DAY**



**I EAT HEALTHY
FOOD EVERY DAY**



**I BRUSH MY TEETH
EVERY DAY**



**I WASH MY HANDS
EVERY DAY**



**I SLEEP WELL
EVERY DAY**



**I DRINK WATER
EVERY DAY**

