

# HEALTHY HABITS

HANDS.	WASH	I	MY
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A LOT OF	I	EXERCISE.	DO
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BRUSH	TEETH.	MY	I
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TAKE	BATH.	A	I
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FRUIT	VEGETABLES.	EAT	AND	I
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SHOWER.	HAVE	I	A
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A LOT OF	DRINK	I	WATER.
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BED	GO	EARLY.	I	TO
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CLEAN	WEAR	CLOTHES.	I
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# UNHEALTHY HABITS

DON'T	TELEVISION.	WATCH	I	A LOT OF
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A LOT OF	DON'T	SWEETS.	EAT	I
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VIDEOGAMES.	DON'T	PLAY	I	A LOT OF
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A LOT OF	DON'T	LEMONADE.	DRINK	I
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A LOT OF	DON'T	JUNK FOOD.	EAT	I
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BED	GO	LATE.	DON'T	I	TO
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DIRTY	WEAR	DON'T	CLOTHES.	I
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