

Name..... No..... Class.....

Worksheet

- Smoke. Eat well. Eat candy. Walk more. Get up early.
- Think positive. Go to bed late. Do meditation. Drink more water.
- Drink more soda. Get enough sleep. Exercise every day.
- Brush teeth after meal. Sleep eight hours a day.
- Eat pizza and chocolate. Eat more junk food. Relax.
- Keep emotional balance. Eat more fruits and vegetables. Drink alcohol.