

**Instructions:**

1. For each aspect of a healthy lifestyle, categorize the given words and phrases into the correct column: "Healthy" or "Unhealthy".
2. Write each word or phrase in the appropriate column based on whether it is a positive or negative effect.

**A. Sleep Habit**

Increased energy levels      Fatigue  
Improved concentration      Difficulty concentrating  
Better mood      Irritability  
Enhanced memory      Weakened immune system

Good Sleep	Poor Sleep
Increased energy levels Improved concentration Better mood Enhanced memory	Fatigue Difficulty concentrating Irritability Weakened immune system

**B. Exercise Habit**

Stronger muscles      Joint pain  
Better cardiovascular health      Increased risk of heart disease  
Weight management      Weight gain  
Reduced stress      Decreased stamina

Regular Exercise	Lack of Exercise
Stronger muscles Better cardiovascular health Weight management Reduced stress	Joint pain Increased risk of heart disease Weight gain Decreased stamina

**C. Drinking Habit**

Better physical performance      Headaches  
Clearer skin      Dizziness  
Reduced fatigue      Dry mouth  
Improved kidney function      Constipation

Good Drinking Habit	Poor Drinking Habit
Better physical performance Clearer skin Reduced fatigue Improved kidney function	Headaches Dizziness Dry mouth Constipation