

HEALTHY HABITS



exercise regularly



eat more vegetables



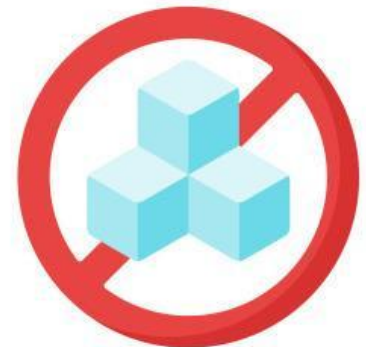
drink a lot of water



quit smoking



avoid junk/fast food



eat less sugar



get enough sleep



reduce screen time



take vitamins



walk everyday



practise mindfulness



use sunscreen

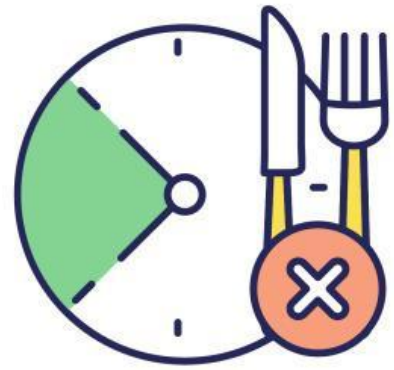
UNHEALTHY HABITS



eat too much fast/junk food



drink too much soda



skip meals



stay up late



drink too much



smoke



overeat



have a sedentary lifestyle