

Focus Area	Advice / Recommended Foods	Key Results
Mental Health	Eat (1) _____ and seeds.	Improved concentration.
Eye Health	Eat (2) _____ and green veggies.	Protect eyes from screens.
Physical Health	Daily (3) _____ (e.g., walking).	Stronger (4) _____.
Energy Levels	Drink plenty of (5) _____.	Feel (6) _____ of energy.
Daily Routine	Avoid too much (7) _____.	Stay (8) _____ and focused.