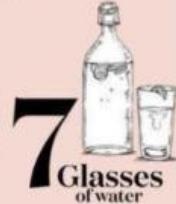


Healthy Habits

DAILY COUNTDOWN



LIVEWORKSHEETS

This is a daily countdown to what? _____

How many exercise sessions per day? _____

How many hours of no phone before bed? _____

How many servings of fruits and vegetables? _____

How many glasses of water? _____

Nine thousand what?

How many meals?

How many breaks?

Six minutes of what?

Eight hours of what?