Name: _____

SHOULD DO	SHOULD NOT DO
Eat fruits and vegetables	*Stay up late*
Drink enough water	*Eat late in the evening*
Have a balanced diet	*Eat too much sodium*
Get regular exercise	*Have excessive screen time*
Avoid tobacco and drugs	*Overuse painkillers and sedatives*
Get enough good sleep	*Eat fast food*

LIVEWORKSHEETS