|  |  |
| --- | --- |
| Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

Healthy Lifestyle

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| X | Z | Z | **G** | M | L | O | F | Q | K | W | H | C | C | Q | L | V |
| D | C | S | **O** | G | I | M | **T** | **H** | **G** | **I** | **E** | **W** | B | B | I | P |
| Z | T | R | **O** | U | C | **E** | **X** | **E** | **R** | **C** | **I** | **S** | **E** | **E** | S | **P** |
| C | B | O | **D** | T | K | U | Y | N | N | O | M | E | Y | **A** | M | **H** |
| N | V | Y | **H** | Z | N | F | B | W | F | A | S | Q | **N** | **T** | J | **Y** |
| X | T | I | **Y** | G | P | V | E | **X** | **A** | **L** | **E** | **R** | **O** | **H** | J | **S** |
| P | M | U | **G** | N | H | M | Y | M | Q | H | B | C | **I** | **E** | C | **I** |
| R | M | N | **I** | J | I | E | H | C | B | E | E | J | **T** | **A** | L | **C** |
| R | E | Y | **E** | J | Y | H | **F** | **U** | **N** | Z | D | Z | **A** | **L** | U | **A** |
| O | C | N | **N** | Q | Y | U | O | K | C | G | T | Y | **C** | **T** | U | **L** |
| G | H | L | **E** | T | Z | Y | Y | T | R | J | E | M | **I** | **H** | B | **L** |
| **T** | **I** | **F** | **Y** | **L** | **L** | **A** | **T** | **N** | **E** | **M** | J | K | **D** | **Y** | S | **Y** |
| Z | S | I | I | S | Z | M | B | X | R | A | **P** | **E** | **E** | **L** | **S** | **F** |
| R | K | **S** | **P** | **U** | **K** | **C** | **E** | **H** | **C** | Q | B | A | **M** | W | N | **I** |
| N | K | V | V | A | Y | I | K | D | H | M | Q | R | X | Y | C | **T** |
| G | Q | K | E | C | E | **O** | **U** | **T** | **S** | **I** | **D** | **E** | C | R | V | H |
| M | Y | R | P | Y | S | W | D | M | E | A | Z | X | A | W | L | F |

   Weight       Sleep       Fun       Check Ups       Good Hygiene       Outside       Eat Healthy       Exercise       Mentally Fit       Physically Fit       Relax       Medication