

Name _____

Class _____

Good habits (Healthy)

Bad habits (Unhealthy)

W	W	W	W	W	W	W	W	W	W	W	W	W	W
L	L	L	L	L	L	L	L	L	L	L	L	L	L
T	T	T	T	T	T	T	T	T	T	T	T	T	T
A	A	A	A	A	A	A	A	A	A	A	A	A	A
T	T	T	T	T	T	T	T	T	T	T	T	T	T
R	R	R	R	R	R	R	R	R	R	R	R	R	R
T	T	T	T	T	T	T	T	T	T	T	T	T	T
T	T	T	T	T	T	T	T	T	T	T	T	T	T
H	H	H	H	H	H	H	H	H	H	H	H	H	H
R	R	R	R	R	R	R	R	R	R	R	R	R	R
O	O	O	O	O	O	O	O	O	O	O	O	O	O
N	N	N	N	N	N	N	N	N	N	N	N	N	N
S	S	S	S	S	S	S	S	S	S	S	S	S	S

physical activity

good habits

good

Good habits

habits

exercise

doing the correct

exercise

habits

habits

good habits

1. _____

2. _____

3. _____

4. _____

5. _____