

Name _____ Date _____

HEALTHY HABITS SORT

Sort the habits below into the correct box!

workout	not flossing	eat fruits	drink alcohol
reading book	daydreaming	poor posture	not bathing
procrastinating	playing games	yoga	being rude
watching TV	balance diet	smoking	running
perfectionist	eat fast food	eat vegetables	sleep all day

HEALTHY HABITS

BAD HABITS