

|                           |                           |                             |                          |                            |
|---------------------------|---------------------------|-----------------------------|--------------------------|----------------------------|
| <b>B</b>                  | <b>I</b>                  | <b>N</b>                    | <b>G</b>                 | <b>O</b>                   |
| Limit<br>computer<br>use  | Avoid<br>junk<br>food     | Drink<br>plenty of<br>water | Have<br>breakfast        | Get up<br>early            |
| Daily<br>routine          | Limit<br>cellphone<br>use | Go to<br>the gym            | Balanced<br>diet         | Limit<br>Television<br>use |
| Wash<br>my face           | Being<br>healthy          | Eat<br>vegetables           | Find<br>time to<br>relax | Have<br>lunch              |
| Get<br>plenty of<br>sleep | Have a<br>bath            | Eat fruit                   | Go to<br>school          | Brush<br>your<br>teeth     |
| Have<br>dinner            | Do<br>exercise            | Wash<br>your<br>hands       | Drink<br>milk            | Eat<br>healthy<br>foods    |

|                     |                       |                      |                 |                    |
|---------------------|-----------------------|----------------------|-----------------|--------------------|
| <b>B</b>            | <b>I</b>              | <b>N</b>             | <b>G</b>        | <b>O</b>           |
| Wash my face        | Being healthy         | Limit Television use | Balanced diet   | Brush your teeth   |
| Drink milk          | Have lunch            | Eat vegetables       | Get up early    | Have a bath        |
| Daily routine       | Drink plenty of water | Go to the gym        | Go to school    | Limit computer use |
| Get plenty of sleep | Do exercise           | Limit cellphone use  | Eat fruit       | Have breakfast     |
| Have dinner         | Wash your hands       | Eat healthy foods    | Avoid junk food | Find time to relax |

|                     |                      |                 |                       |                     |
|---------------------|----------------------|-----------------|-----------------------|---------------------|
| <b>B</b>            | <b>I</b>             | <b>N</b>        | <b>G</b>              | <b>O</b>            |
| Have lunch          | Go to school         | Do exercise     | Drink milk            | Eat fruit           |
| Brush your teeth    | Eat healthy foods    | Daily routine   | Eat vegetables        | Limit computer use  |
| Get plenty of sleep | Have dinner          | Go to the gym   | Being healthy         | Limit cellphone use |
| Wash my face        | Have a bath          | Wash your hands | Balanced diet         | Avoid junk food     |
| Find time to relax  | Limit Television use | Have breakfast  | Drink plenty of water | Get up early        |