

Name: _____

Date: _____

Diet & Exercise

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

CARBOHYDRATES

sixtyminutes

Vegetables

Exercise

balance

pROTEIN

Sugar

Dairy

Fruit

Water

Gym