

Name: _____

Date: _____

Health Search

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

self responsibility
upper back flys
vocational
holistic
physical
social
butt
time

triceps extensions
intellectual
arm curls
spiritual
strength
weight
head
abs

single arm curls
bench press
chest fly
weakness
journey
core
legs

single arm rows
uniqueness
emotional
balance
stretch
arm
lift