

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Health and Fitness

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

Personal record  
DEAD LIFT  
BROCCOLI  
CARROTS  
SQUATS  
Fruit

WEIGHTLIFTING  
SMOOTHIE  
PROTEIN  
BARBELL  
BICEPS

BENCH PRESS  
EXERCISE  
CHICKEN  
RUNNING  
HEALTH

Vegetables  
STRENGTH  
BANANAS  
CARDIO  
APPLES