

Name: _____

Date: _____

Health

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

Jumping jacks
Exercise
Salad
Kale

Vegetables
Banana
Apple
Water

Treadmill
Walking
Sleep
Bike