

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

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

# Healthy

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

Cleanliness	Motivation	Stretching	Endurance	Volunteer
Spiritual	Emotional	Hydration	Positive	Strength
Physical	Relaxing	Exercise	Balance	Fitness
Stamina	Lifting	Puzzles	Reading	Mental
Sleep	Yoga	Love	Diet	