

Name: _____

Date: _____

Recharge to be in Charge

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

cardiovascular disease

circadian rhythm

depression

lethargic

caffeine

exercise

headache

fatigue

obesity

sleep

diet

nap