

Name: _____

Date: _____

WELLNESS

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

DAILY PLANNING

PEER SUPPORT

COUNSELING

RELAXATION

EXERCISE

WELLNESS

HEALTHY

SUPPORT

SLEEP

DIET

HOPE

FUN