

Student Activity Sheet A



Taking A Shower Every Morning



Brushing Teeth 3x Per Week



Eating a Banana for a Snack



Washing Hands for 30 Seconds



Eating Cookies for a Snack



Reading A Book Outside



Putting on Deodorant Every Morning



Playing Video Games 5 Hours Per Day



Using Sunscreen with SPF 15



Going for a Walk



Sleeping from 10pm to 6:30



Binge Watching a New TV Show



Drinking 8 Glasses of Water Per Day



Skipping Breakfast to Lose Weight



Using Sunscreen with SPF 45



Going to Bed at 1am,
Waking up at 7am,

YES

NO