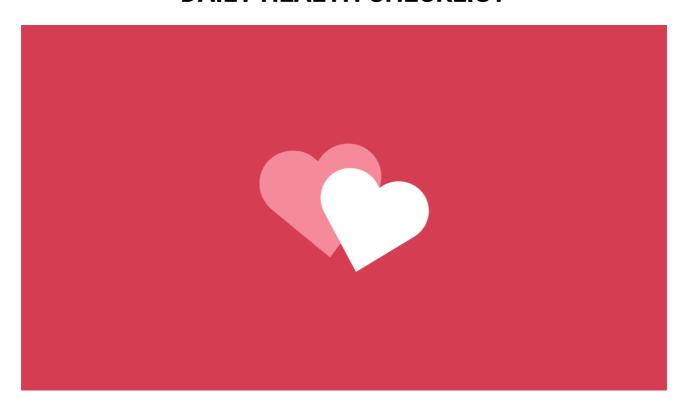
DAILY HEALTH CHECKLIST



DRINK WATER.LOTS OF IT.
EAT A FRUIT OR VEGGIE AT EVERY MEAL.
WORK OF A SWEAT.
TRY TO SLEEP 8 HOURS.
TAKE AMOMENT TO STRETCH.
WALK,BIKE,OR TAKE THE STAIRS.
HAVE GOOD POSTURE.
I ALIGH AND SMILE