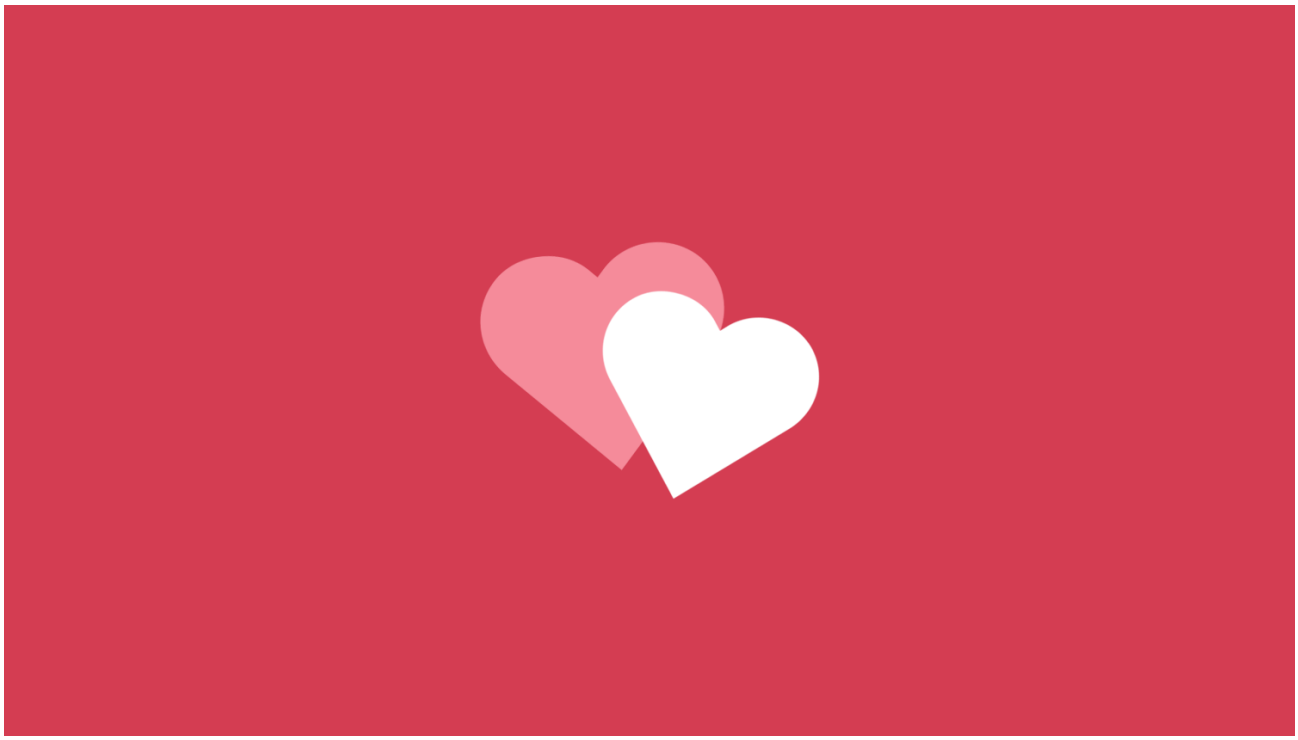
DAILY HEALTH CHECKLIST



- [ ] 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.
- [ ] LAUGH AND SMILE.

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