

MY HEALTHY HABITS

WEEK OF

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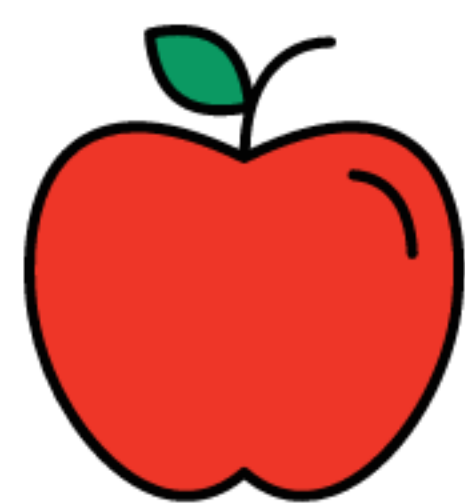
SU



DRINK WATER



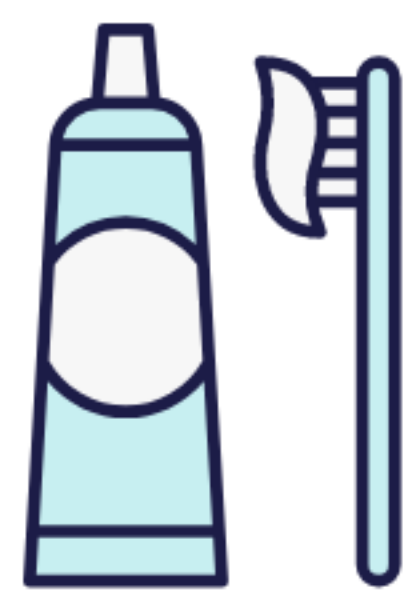
EXERCISE



SNACK ON FRUIT



EAT YOUR VEGGIES



BRUSH YOUR TEETH



READ



GET SOME SLEEP