



Name: \_\_\_\_\_

## POWERS IN ACTION

**Directions:** Draw everything that you ate yesterday.

In the chart above, circle the healthy foods and put a square around the unhealthy foods.

Choose one unhealthy food you want to try to give up.

What can you eat instead?

Write out what you have done for exercise in the last week:

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Brainstorm three activities you can do to help you grow:

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