

Map a Safe Route



Food Pyramid



Laundry Labels

WASHING	DRYING	IRONING
Machine Wash Cold	Tumble Dry	Iron Low
Machine Wash Warm	Tumble Dry Low	Iron Medium
Machine Wash Hot	Tumble Dry Medium	Iron High
Machine Wash Delicate	Tumble Dry High	Do Not Steam
Machine Wash Permanent Press	Tumble Dry No Heat	Do Not Iron
Hand Wash	Do Not Tumble Dry	BLEACH
Do Not Wash	Line Dry	Bleach as Needed
DRYCLEANING	Drip Dry	Non-Chlorine Bleach
Dryclean	Dry Flat	Do Not Bleach
Do Not Dryclean		

LAUNDRY CARE SYMBOLS



1 Sort the laundry



2 Put it in the washer



3 Add detergent



4 Select the settings



5 Start the washer

Checking Your Appearance Chart



Is your hair brushed?

Are your clothes cleaned and ironed?

Is your face clean?

Are you smiling?

Does your breath smell fresh?



Are you standing straight?

Are your teeth brushed?



Body Image

Circle what you like about your body. Write what you like about it in the boxes. Draw a line connecting your description to the matching part. Draw squares around what you don't like about your body. Write what you don't like about it. Draw a line connecting your description to the matching part.

Daily Fitness Chart

DAILY WORKOUT CHART

GOALS: _____

WARM UP

ACTIVITY	SETS	REPS	TIME	NOTES

CARDIO

ACTIVITY	SETS	REPS	TIME	NOTES

UPPER BODY STRENGTH TRAINING

ACTIVITY	SETS	REPS	WEIGHT	NOTES

LOWER BODY STRENGTH TRAINING

ACTIVITY	SETS	REPS	WEIGHT	NOTES

COOL DOWN

ACTIVITY	SETS	REPS	TIME	NOTES