Map a Safe Route





Food Pyramid







Laundry Labels





DRYING

IRONING



WASHING

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



BLEACH

Do Not Iron



Hand Wash



Do Not Tumble Dry





Bleach as Needed



Do Not Wash



Line Dry

Drip Dry



Non-Chlorine Bleach



Dryclean

DRYCLEANING



Dry Flat



Do Not Bleach



Do Not Dryclean

LAUNDRY CARE SYMBOLS



Sort the laundry



Put it in the washer



Add detergent



Select the settings



Start the washer



Checking Your Appearance Chart









Is your face clean?

Is your hair brushed?

Are you smiling?

Does your breath smell fresh?

Are you standing straight?

Are your teeth brushed?

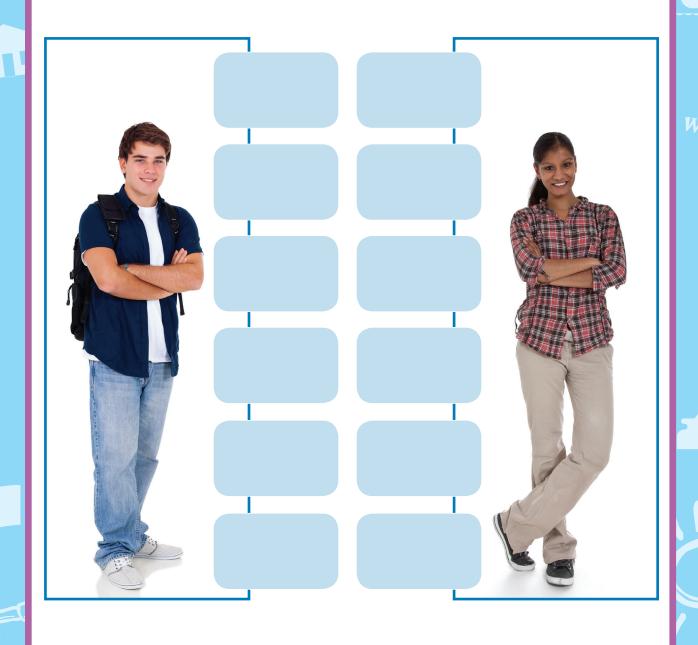






Body Image

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

LIDDED BODY STDENGTH TDAINING					

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



