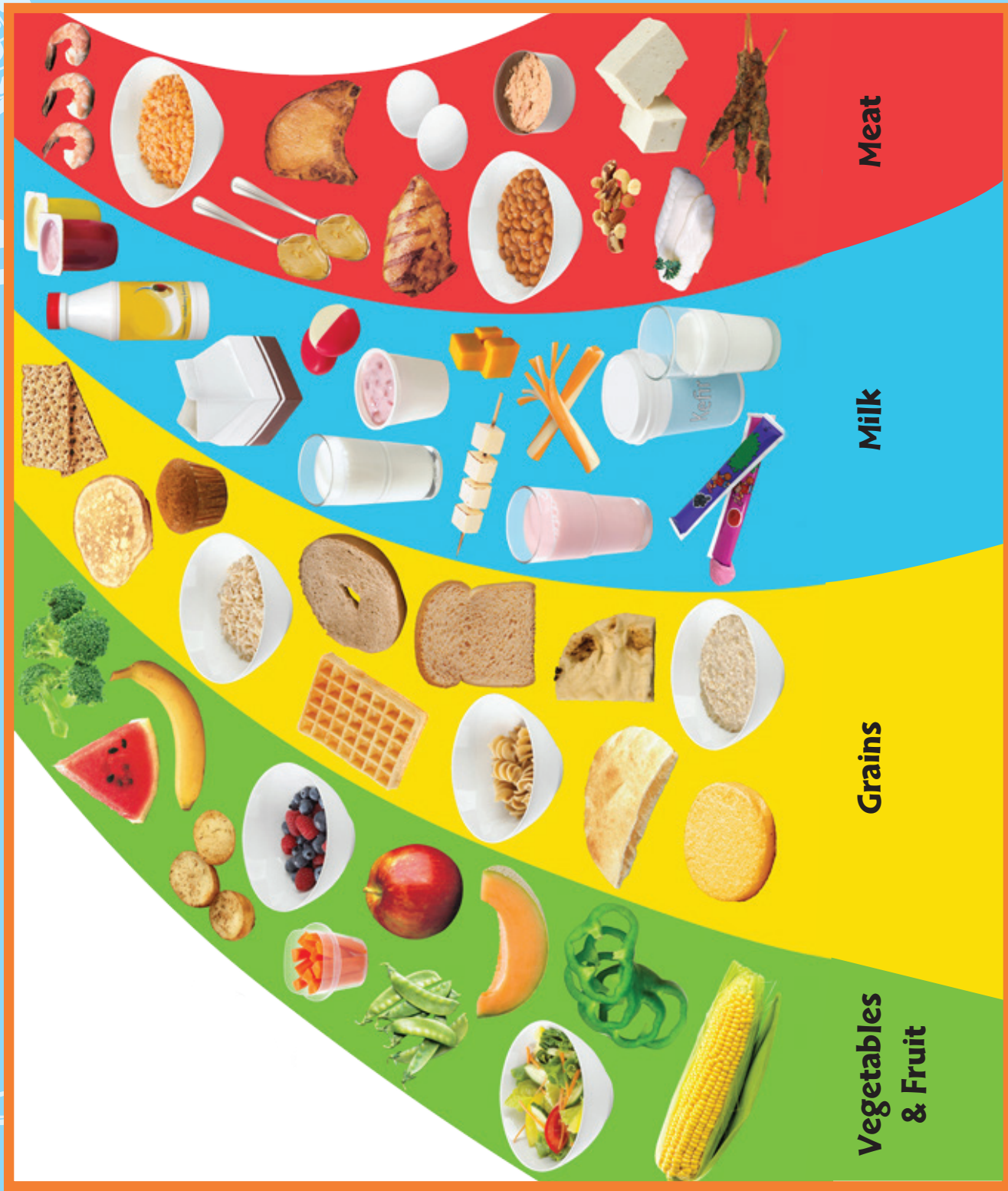


# Map a Safe Route



# Food Guide



**Meat**

**Milk**

**Grains**



**Vegetables & Fruit**

# Laundry Labels

## WASHING

-  Machine Wash Cold
-  Machine Wash Warm
-  Machine Wash Hot
-  Machine Wash Delicate
-  Machine Wash Permanent Press
-  Hand Wash
-  Do Not Wash






## DRYCLEANING

-  Dryclean
-  Do Not Dryclean

## DRYING

-  Tumble Dry
-  Tumble Dry Low
-  Tumble Dry Medium
-  Tumble Dry High
-  Tumble Dry No Heat
-  Do Not Tumble Dry
-  Line Dry
-  Drip Dry
-  Dry Flat

## IRONING

-  Iron Low
-  Iron Medium
-  Iron High
-  Do Not Steam
-  Do Not Iron

## BLEACH

-  Bleach as Needed
-  Non-Chlorine Bleach
-  Do Not Bleach

## 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