



# 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

# 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

# Personal SWOT Analysis



What do you do well?  
What skills can you draw on?  
What do others think you're good at?

What could you do better?  
Where do you struggle?  
What do others think you could be better at?

STRENGTHS

WEAKNESSES

**SWOT  
Analysis**

OPPORTUNITIES

THREATS

What is open to you?  
What could you take advantage of?  
How can you turn your strengths into opportunities?

What threats could hurt you?  
What are others doing?  
What threats are affected by your weaknesses?