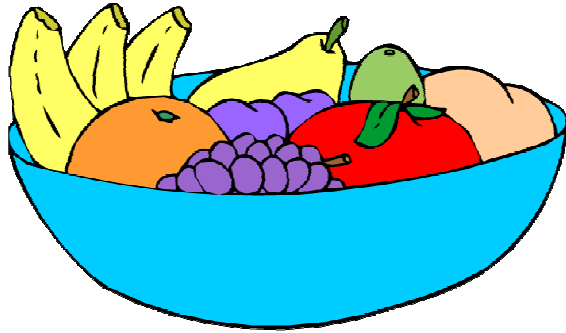


HEALTHY HABITS



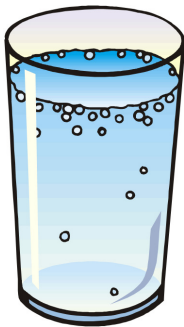
Food

REMOVE THIS AREA (Cut away so you have just a tab left)



Water

REMOVE THIS AREA



Assembly Directions:

Cut the six strips along the solid outer lines. If there is a rectangle piece in the right corner of the strip, cut it off as indicated (remove this area). Stack your strips in order with cover on top and staple where indicated.

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Exercise

REMOVE THIS AREA



Rest

