

HEALTHY HABIT LOG

Check off the days that you practice healthy behaviours until they truly become a habit. For example, moderate exercise, eating fruits and vegetables, good personal hygiene, self-massage, deep breathing, sufficient sleep, etc.

THINGS THAT MAKE
MY BODY FEEL GOOD

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Healthy Behaviour:

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Healthy Behaviour:

Healthy Behaviour:

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Healthy Behaviour:

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Healthy Behaviour:

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Healthy Behaviour: