

Healthy Living

Name: _____ Date: _____

Instructions

The table has actions that could help you maintain and affect your health, write the word “**maintain**” if you think the action will help you maintain your health or write “**affect**” if you think that action will affect your health in the long term.

Number	Action	maintain or affect?
#1	I slept for three hours last night	
#2	I didn't exercise this week	
#3	I ate an apple this morning	
#4	I drank two energy drinks for breakfast	
#5	I played video games for 7 hours	
#6	I live a sedentary life	
#7	I always eat carrots and potatoes for lunch.	
#8	I will take a walk every day.	
#9	I always get enough sleep	
#10	I just smoked two cigarettes	
#11	I ate a lot of candies	
#12	I will reduce my screen time	