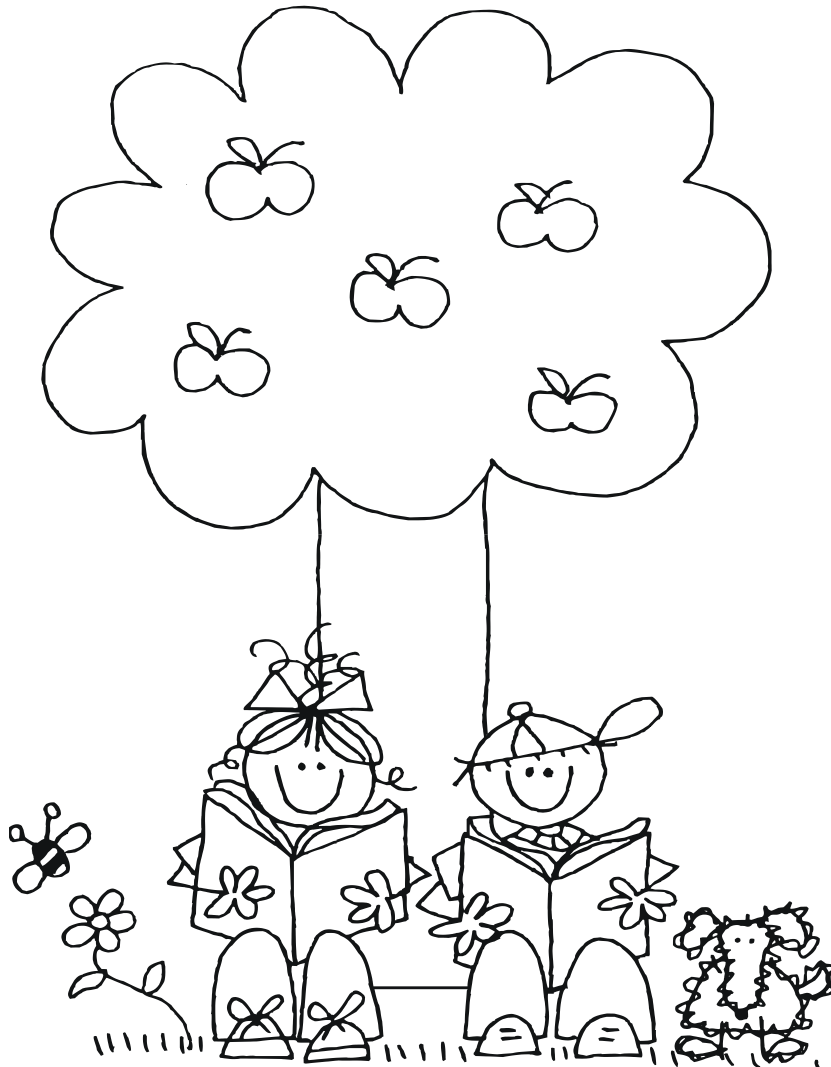


# The 7 Habits of



# Healthy Kids

Name: \_\_\_\_\_

# Habit #1: Be Proactive



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# Habit #2: Begin with the End

## in Mind



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# Habit #3: Put First Things



First

# Habit #4: Think Win-Win

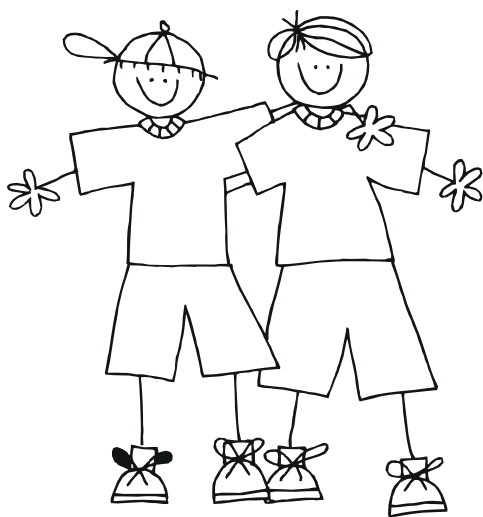


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# Habit #5: Seek First to Understand, Then Be Understood



# Habit #6: Synergize



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# Habit #7: Sharpen the Saw

