

Name: _____

Date: _____

Health and Wellness

W K X O P V M Y E L B A I L E R × D B Y G A H M
G P E X M P N G B D × M E N T A L H E A L T H X
Y K E E D U O V × S A V I N G S A W I E F H S K
H T X V C × × × R E S P O N S I B I L I T Y Y M
T E C I O K F × Y O G A S T R E S S K N W U L I
L × X V W K I × I N T E L L E C T U A L E × H I
A R W I E F N F S E I T I V I T C A × U L K L C
E A R A H M A H M W L A U T I R I P S × L S W H
H G P I L A N H X F E N E I G Y H F O Y N R W L
G × W T W K C S K L D L B M N D X S M L E T R F
N O R F E P I U E A × P D N X R F U B X S O × R
I F D L O B A N S L × T D T L G E × N X S O E A
T L E X U N L I G S Y × T H E R A P Y B C E K I
A A C X D N M T W O S N N A K × C X O C T E × G
E N O I R X U I S U A L F R E H D H U N E B × N
× O P S D W M X K D A G F X H K O P U R A P D I
Y I S K X M O C K C N P E G A F A L F L A A B P
C T C H I N A C I I I R P N H T O T A Y E L L O
D O T N × B S S K N C R N P I V B N K T M W V C
H M G O E X Y I W I W I E O × E C B Y M K R T ×
D E U V N H B F S V A U N F D E T G R S E × G D
H × I K P × T E U V × A M × N D E H G U A L × E
Y G P × X D E P K T L S S L A O G X D U U H M C
× Y K H L B B X E × H Y D R A T E P U N E R S T

×eating healthy
×responsibility
×mental health
×intellectual
×occupational
×activities
×volunteer
×financial
×debt free
×emotional
×give back
×spiritual
×exercise
×swimming
×reliable
×physical
wellness
×therapy
×walking
×savings
×hydrate
×balance
hygiene
×biking
×coping
×laugh
stress
goals
×yoga

