

Name: _____ Date: _____

Self Care

1. DIETATEM _____
2. OELV UEFRLSO _____
3. OUNJLAR _____
4. SFLE PEETCCACAN _____
5. YERPAR _____
6. SYA ON _____
7. ACIANTVO _____
8. ADRE _____
9. WOKR OUT _____
10. NKIRD EWRAT _____
11. DERA RUOY EBLBI _____
12. CLAOIS MAIDE KAERB _____