Building healthy habits

If you want to start a good day, you must before sleeping, have a plan for tomorrow. It’s cause you know what you do tomorrow and decreases stress.

---------------------------------------------------------------------

If you want to build a strong body or have a healthy life, you (must/have to) after getting up, do exercise, or take a workout.

---------------------------------------------------------------------

Before cooking food, you must check calories because if you consume a lot of calories, you will gain fat (چربی)

---------------------------------------------------------------

Read a book before sleeping, because this action cause you get sleep well, increase your information about the world and improve in your life.

---------------------------------------------------------------------

Before starting your day, you should pray to God to give all of things to you and help you all of times.

---------------------------------------------------------------------

If you are tired to do your homework or task, before doing them, remember why you do these.

---------------------------------------------------------------------

After getting up in the morning, you must brush your teeth and skin to protect them.

--------------------------------------------------------------------

If you want to be popular, the first step is after seeing a person and before talking to (him/her),

you should smile.

Finish

---------