

Card Name: Avoiding eye contact for 'conserving energy'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Avoiding eye contact for 'conserving energy'' causes a bizarre effect that alters health by 45 points.

Card Name: Avoiding junk food for better long-term health

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Avoiding junk food for better long-term health' improves health by 5 points.

Level 2: At level 2, 'Avoiding junk food for better long-term health' improves health by 10 points.

Level 3: At level 3, 'Avoiding junk food for better long-term health' improves health by 15 points.

Level 4: At level 4, 'Avoiding junk food for better long-term health' improves health by 20 points.

Level 5: At level 5, 'Avoiding junk food for better long-term health' improves health by 25 points.

Level 6: At level 6, 'Avoiding junk food for better long-term health' improves health by 30 points.

Level 7: At level 7, 'Avoiding junk food for better long-term health' improves health by 35 points.

Level 8: At level 8, 'Avoiding junk food for better long-term health' improves health by 40 points.

Level 9: At level 9, 'Avoiding junk food for better long-term health' improves health by 45 points.

Level 10: At level 10, 'Avoiding junk food for better long-term health' improves health by 50 points.

Level 11: At level 11, 'Avoiding junk food for better long-term health' improves health by 55 points.

Level 12: At level 12, 'Avoiding junk food for better long-term health' improves health by 60 points.

Level 13: At level 13, 'Avoiding junk food for better long-term health' improves health by 65 points.

Level 14: At level 14, 'Avoiding junk food for better long-term health' improves health by 70 points.

Level 15: At level 15, 'Avoiding junk food for better long-term health' improves health by 75 points.

Card Name: Avoiding physical activity

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Avoiding physical activity' reduces health by 5 points.

Level 2: At level 2, 'Avoiding physical activity' reduces health by 10 points.

Level 3: At level 3, 'Avoiding physical activity' reduces health by 15 points.

Level 4: At level 4, 'Avoiding physical activity' reduces health by 20 points.

Level 5: At level 5, 'Avoiding physical activity' reduces health by 25 points.

Level 6: At level 6, 'Avoiding physical activity' reduces health by 30 points.

Level 7: At level 7, 'Avoiding physical activity' reduces health by 35 points.

Level 8: At level 8, 'Avoiding physical activity' reduces health by 40 points.

Level 9: At level 9, 'Avoiding physical activity' reduces health by 45 points.

Level 10: At level 10, 'Avoiding physical activity' reduces health by 50 points.

Level 11: At level 11, 'Avoiding physical activity' reduces health by 55 points.

Level 12: At level 12, 'Avoiding physical activity' reduces health by 60 points.

Level 13: At level 13, 'Avoiding physical activity' reduces health by 65 points.

Level 14: At level 14, 'Avoiding physical activity' reduces health by 70 points.

Level 15: At level 15, 'Avoiding physical activity' reduces health by 75 points.

Card Name: Avoiding second-hand smoke to improve lung function

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Avoiding second-hand smoke to improve lung function' improves health by 5 points.

Level 2: At level 2, 'Avoiding second-hand smoke to improve lung function' improves health by 10 points.

Level 3: At level 3, 'Avoiding second-hand smoke to improve lung function' improves health by 15 points.

Level 4: At level 4, 'Avoiding second-hand smoke to improve lung function' improves health by 20 points.

Level 5: At level 5, 'Avoiding second-hand smoke to improve lung function' improves health by 25 points.

Level 6: At level 6, 'Avoiding second-hand smoke to improve lung function' improves health by 30 points.

Level 7: At level 7, 'Avoiding second-hand smoke to improve lung function' improves health by 35 points.

Level 8: At level 8, 'Avoiding second-hand smoke to improve lung function' improves health by 40 points.

Level 9: At level 9, 'Avoiding second-hand smoke to improve lung function' improves health by 45 points.

Level 10: At level 10, 'Avoiding second-hand smoke to improve lung function' improves health by 50 points.

Level 11: At level 11, 'Avoiding second-hand smoke to improve lung function' improves health by 55 points.

Level 12: At level 12, 'Avoiding second-hand smoke to improve lung function' improves health by 60 points.

Level 13: At level 13, 'Avoiding second-hand smoke to improve lung function' improves health by 65 points.

Level 14: At level 14, 'Avoiding second-hand smoke to improve lung function' improves health by 70 points.

Level 15: At level 15, 'Avoiding second-hand smoke to improve lung function' improves health by 75 points.

Card Name: Avoiding sitting to keep 'constant energy'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Avoiding sitting to keep 'constant energy'' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Avoiding sitting to keep 'constant energy'' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Avoiding sitting to keep 'constant energy'' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Avoiding sitting to keep 'constant energy'' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Avoiding sitting to keep 'constant energy'' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Avoiding sitting to keep 'constant energy'' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Avoiding sitting to keep 'constant energy'' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Avoiding sitting to keep 'constant energy'" causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Avoiding sitting to keep 'constant energy'" causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Avoiding sitting to keep 'constant energy'" causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Avoiding sitting to keep 'constant energy'" causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Avoiding sitting to keep 'constant energy'" causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Avoiding sitting to keep 'constant energy'" causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Avoiding sitting to keep 'constant energy'" causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Avoiding sitting to keep 'constant energy'" causes a bizarre effect that alters health by 45 points.

Card Name: Avoiding sleep to 'enhance focus'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Avoiding sleep to 'enhance focus'" causes a bizarre effect that alters health by 45 points.

Card Name: Avoiding vegetables altogether

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Avoiding vegetables altogether' reduces health by 5 points.

Level 2: At level 2, 'Avoiding vegetables altogether' reduces health by 10 points.

Level 3: At level 3, 'Avoiding vegetables altogether' reduces health by 15 points.

Level 4: At level 4, 'Avoiding vegetables altogether' reduces health by 20 points.

Level 5: At level 5, 'Avoiding vegetables altogether' reduces health by 25 points.

Level 6: At level 6, 'Avoiding vegetables altogether' reduces health by 30 points.

Level 7: At level 7, 'Avoiding vegetables altogether' reduces health by 35 points.

Level 8: At level 8, 'Avoiding vegetables altogether' reduces health by 40 points.

Level 9: At level 9, 'Avoiding vegetables altogether' reduces health by 45 points.

Level 10: At level 10, 'Avoiding vegetables altogether' reduces health by 50 points.

Level 11: At level 11, 'Avoiding vegetables altogether' reduces health by 55 points.

Level 12: At level 12, 'Avoiding vegetables altogether' reduces health by 60 points.

Level 13: At level 13, 'Avoiding vegetables altogether' reduces health by 65 points.

Level 14: At level 14, 'Avoiding vegetables altogether' reduces health by 70 points.

Level 15: At level 15, 'Avoiding vegetables altogether' reduces health by 75 points.

Card Name: Balanced diet with whole grains

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Balanced diet with whole grains' improves health by 5 points.

Level 2: At level 2, 'Balanced diet with whole grains' improves health by 10 points.

Level 3: At level 3, 'Balanced diet with whole grains' improves health by 15 points.

Level 4: At level 4, 'Balanced diet with whole grains' improves health by 20 points.

Level 5: At level 5, 'Balanced diet with whole grains' improves health by 25 points.

Level 6: At level 6, 'Balanced diet with whole grains' improves health by 30 points.

Level 7: At level 7, 'Balanced diet with whole grains' improves health by 35 points.

Level 8: At level 8, 'Balanced diet with whole grains' improves health by 40 points.

Level 9: At level 9, 'Balanced diet with whole grains' improves health by 45 points.

Level 10: At level 10, 'Balanced diet with whole grains' improves health by 50 points.

Level 11: At level 11, 'Balanced diet with whole grains' improves health by 55 points.

Level 12: At level 12, 'Balanced diet with whole grains' improves health by 60 points.

Level 13: At level 13, 'Balanced diet with whole grains' improves health by 65 points.

Level 14: At level 14, 'Balanced diet with whole grains' improves health by 70 points.

Level 15: At level 15, 'Balanced diet with whole grains' improves health by 75 points.

Card Name: Building muscle strength with bodyweight exercises

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Building muscle strength with bodyweight exercises' improves health by 5 points.

Level 2: At level 2, 'Building muscle strength with bodyweight exercises' improves health by 10 points.

Level 3: At level 3, 'Building muscle strength with bodyweight exercises' improves health by 15 points.

Level 4: At level 4, 'Building muscle strength with bodyweight exercises' improves health by 20 points.

Level 5: At level 5, 'Building muscle strength with bodyweight exercises' improves health by 25 points.

Level 6: At level 6, 'Building muscle strength with bodyweight exercises' improves health by 30 points.

Level 7: At level 7, 'Building muscle strength with bodyweight exercises' improves health by 35 points.

Level 8: At level 8, 'Building muscle strength with bodyweight exercises' improves health by 40 points.

Level 9: At level 9, 'Building muscle strength with bodyweight exercises' improves health by 45 points.

Level 10: At level 10, 'Building muscle strength with bodyweight exercises' improves health by 50 points.

Level 11: At level 11, 'Building muscle strength with bodyweight exercises' improves health by 55 points.

Level 12: At level 12, 'Building muscle strength with bodyweight exercises' improves health by 60 points.

Level 13: At level 13, 'Building muscle strength with bodyweight exercises' improves health by 65 points.

Level 14: At level 14, 'Building muscle strength with bodyweight exercises' improves health by 70 points.

Level 15: At level 15, 'Building muscle strength with bodyweight exercises' improves health by 75 points.

Card Name: Consuming large portions of unhealthy food

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Consuming large portions of unhealthy food' reduces health by 5 points.

Level 2: At level 2, 'Consuming large portions of unhealthy food' reduces health by 10 points.

Level 3: At level 3, 'Consuming large portions of unhealthy food' reduces health by 15 points.

Level 4: At level 4, 'Consuming large portions of unhealthy food' reduces health by 20 points.

Level 5: At level 5, 'Consuming large portions of unhealthy food' reduces health by 25 points.

Level 6: At level 6, 'Consuming large portions of unhealthy food' reduces health by 30 points.

Level 7: At level 7, 'Consuming large portions of unhealthy food' reduces health by 35 points.

Level 8: At level 8, 'Consuming large portions of unhealthy food' reduces health by 40 points.

Level 9: At level 9, 'Consuming large portions of unhealthy food' reduces health by 45 points.

Level 10: At level 10, 'Consuming large portions of unhealthy food' reduces health by 50 points.

Level 11: At level 11, 'Consuming large portions of unhealthy food' reduces health by 55 points.

Level 12: At level 12, 'Consuming large portions of unhealthy food' reduces health by 60 points.

Level 13: At level 13, 'Consuming large portions of unhealthy food' reduces health by 65 points.

Level 14: At level 14, 'Consuming large portions of unhealthy food' reduces health by 70 points.

Level 15: At level 15, 'Consuming large portions of unhealthy food' reduces health by 75 points.

Card Name: Consuming too much salt

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Consuming too much salt' reduces health by 5 points.

Level 2: At level 2, 'Consuming too much salt' reduces health by 10 points.

Level 3: At level 3, 'Consuming too much salt' reduces health by 15 points.

Level 4: At level 4, 'Consuming too much salt' reduces health by 20 points.

Level 5: At level 5, 'Consuming too much salt' reduces health by 25 points.

Level 6: At level 6, 'Consuming too much salt' reduces health by 30 points.

Level 7: At level 7, 'Consuming too much salt' reduces health by 35 points.

Level 8: At level 8, 'Consuming too much salt' reduces health by 40 points.

Level 9: At level 9, 'Consuming too much salt' reduces health by 45 points.

Level 10: At level 10, 'Consuming too much salt' reduces health by 50 points.

Level 11: At level 11, 'Consuming too much salt' reduces health by 55 points.

Level 12: At level 12, 'Consuming too much salt' reduces health by 60 points.

Level 13: At level 13, 'Consuming too much salt' reduces health by 65 points.

Level 14: At level 14, 'Consuming too much salt' reduces health by 70 points.

Level 15: At level 15, 'Consuming too much salt' reduces health by 75 points.

Card Name: Consuming too much sugar daily

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Consuming too much sugar daily' reduces health by 5 points.

Level 2: At level 2, 'Consuming too much sugar daily' reduces health by 10 points.

Level 3: At level 3, 'Consuming too much sugar daily' reduces health by 15 points.

Level 4: At level 4, 'Consuming too much sugar daily' reduces health by 20 points.

Level 5: At level 5, 'Consuming too much sugar daily' reduces health by 25 points.

Level 6: At level 6, 'Consuming too much sugar daily' reduces health by 30 points.

Level 7: At level 7, 'Consuming too much sugar daily' reduces health by 35 points.

Level 8: At level 8, 'Consuming too much sugar daily' reduces health by 40 points.

Level 9: At level 9, 'Consuming too much sugar daily' reduces health by 45 points.

Level 10: At level 10, 'Consuming too much sugar daily' reduces health by 50 points.

Level 11: At level 11, 'Consuming too much sugar daily' reduces health by 55 points.

Level 12: At level 12, 'Consuming too much sugar daily' reduces health by 60 points.

Level 13: At level 13, 'Consuming too much sugar daily' reduces health by 65 points.

Level 14: At level 14, 'Consuming too much sugar daily' reduces health by 70 points.

Level 15: At level 15, 'Consuming too much sugar daily' reduces health by 75 points.

Card Name: Creating a bedtime routine to improve sleep quality

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Creating a bedtime routine to improve sleep quality' improves health by 5 points.

Level 2: At level 2, 'Creating a bedtime routine to improve sleep quality' improves health by 10 points.

Level 3: At level 3, 'Creating a bedtime routine to improve sleep quality' improves health by 15 points.

Level 4: At level 4, 'Creating a bedtime routine to improve sleep quality' improves health by 20 points.

Level 5: At level 5, 'Creating a bedtime routine to improve sleep quality' improves health by 25 points.

Level 6: At level 6, 'Creating a bedtime routine to improve sleep quality' improves health by 30 points.

Level 7: At level 7, 'Creating a bedtime routine to improve sleep quality' improves health by 35 points.

Level 8: At level 8, 'Creating a bedtime routine to improve sleep quality' improves health by 40 points.

Level 9: At level 9, 'Creating a bedtime routine to improve sleep quality' improves health by 45 points.

Level 10: At level 10, 'Creating a bedtime routine to improve sleep quality' improves health by 50 points.

Level 11: At level 11, 'Creating a bedtime routine to improve sleep quality' improves health by 55 points.

Level 12: At level 12, 'Creating a bedtime routine to improve sleep quality' improves health by 60 points.

Level 13: At level 13, 'Creating a bedtime routine to improve sleep quality' improves health by 65 points.

Level 14: At level 14, 'Creating a bedtime routine to improve sleep quality' improves health by 70 points.

Level 15: At level 15, 'Creating a bedtime routine to improve sleep quality' improves health by 75 points.

Card Name: Daily walking for heart health

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Daily walking for heart health' improves health by 5 points.

Level 2: At level 2, 'Daily walking for heart health' improves health by 10 points.

Level 3: At level 3, 'Daily walking for heart health' improves health by 15 points.

Level 4: At level 4, 'Daily walking for heart health' improves health by 20 points.

Level 5: At level 5, 'Daily walking for heart health' improves health by 25 points.

Level 6: At level 6, 'Daily walking for heart health' improves health by 30 points.

Level 7: At level 7, 'Daily walking for heart health' improves health by 35 points.

Level 8: At level 8, 'Daily walking for heart health' improves health by 40 points.

Level 9: At level 9, 'Daily walking for heart health' improves health by 45 points.

Level 10: At level 10, 'Daily walking for heart health' improves health by 50 points.

Level 11: At level 11, 'Daily walking for heart health' improves health by 55 points.

Level 12: At level 12, 'Daily walking for heart health' improves health by 60 points.

Level 13: At level 13, 'Daily walking for heart health' improves health by 65 points.

Level 14: At level 14, 'Daily walking for heart health' improves health by 70 points.

Level 15: At level 15, 'Daily walking for heart health' improves health by 75 points.

Card Name: Dancing instead of walking for 'fitness'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Dancing instead of walking for 'fitness"' causes a bizarre effect that alters health by 45 points.

Card Name: Doing cardio exercises to improve endurance

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Doing cardio exercises to improve endurance' improves health by 5 points.

Level 2: At level 2, 'Doing cardio exercises to improve endurance' improves health by 10 points.

Level 3: At level 3, 'Doing cardio exercises to improve endurance' improves health by 15 points.

Level 4: At level 4, 'Doing cardio exercises to improve endurance' improves health by 20 points.

Level 5: At level 5, 'Doing cardio exercises to improve endurance' improves health by 25 points.

Level 6: At level 6, 'Doing cardio exercises to improve endurance' improves health by 30 points.

Level 7: At level 7, 'Doing cardio exercises to improve endurance' improves health by 35 points.

Level 8: At level 8, 'Doing cardio exercises to improve endurance' improves health by 40 points.

Level 9: At level 9, 'Doing cardio exercises to improve endurance' improves health by 45 points.

Level 10: At level 10, 'Doing cardio exercises to improve endurance' improves health by 50 points.

Level 11: At level 11, 'Doing cardio exercises to improve endurance' improves health by 55 points.

Level 12: At level 12, 'Doing cardio exercises to improve endurance' improves health by 60 points.

Level 13: At level 13, 'Doing cardio exercises to improve endurance' improves health by 65 points.

Level 14: At level 14, 'Doing cardio exercises to improve endurance' improves health by 70 points.

Level 15: At level 15, 'Doing cardio exercises to improve endurance' improves health by 75 points.

Card Name: Doing light stretching in the morning to wake up muscles

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Doing light stretching in the morning to wake up muscles' improves health by 5 points.

Level 2: At level 2, 'Doing light stretching in the morning to wake up muscles' improves health by 10 points.

Level 3: At level 3, 'Doing light stretching in the morning to wake up muscles' improves health by 15 points.

Level 4: At level 4, 'Doing light stretching in the morning to wake up muscles' improves health by 20 points.

Level 5: At level 5, 'Doing light stretching in the morning to wake up muscles' improves health by 25 points.

Level 6: At level 6, 'Doing light stretching in the morning to wake up muscles' improves health by 30 points.

Level 7: At level 7, 'Doing light stretching in the morning to wake up muscles' improves health by 35 points.

Level 8: At level 8, 'Doing light stretching in the morning to wake up muscles' improves health by 40 points.

Level 9: At level 9, 'Doing light stretching in the morning to wake up muscles' improves health by 45 points.

Level 10: At level 10, 'Doing light stretching in the morning to wake up muscles' improves health by 50 points.

Level 11: At level 11, 'Doing light stretching in the morning to wake up muscles' improves health by 55 points.

Level 12: At level 12, 'Doing light stretching in the morning to wake up muscles' improves health by 60 points.

Level 13: At level 13, 'Doing light stretching in the morning to wake up muscles' improves health by 65 points.

Level 14: At level 14, 'Doing light stretching in the morning to wake up muscles' improves health by 70 points.

Level 15: At level 15, 'Doing light stretching in the morning to wake up muscles' improves health by 75 points.

Card Name: Doing push-ups after every meal

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Doing push-ups after every meal' causes a bizarre effect that alters health by 45 points.

Card Name: Doing yoga while hopping on one leg

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Doing yoga while hopping on one leg' causes a bizarre effect that alters health by 45 points.

Card Name: Drinking alcohol in excess

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Drinking alcohol in excess' reduces health by 5 points.

Level 2: At level 2, 'Drinking alcohol in excess' reduces health by 10 points.

Level 3: At level 3, 'Drinking alcohol in excess' reduces health by 15 points.

Level 4: At level 4, 'Drinking alcohol in excess' reduces health by 20 points.

Level 5: At level 5, 'Drinking alcohol in excess' reduces health by 25 points.

Level 6: At level 6, 'Drinking alcohol in excess' reduces health by 30 points.

Level 7: At level 7, 'Drinking alcohol in excess' reduces health by 35 points.

Level 8: At level 8, 'Drinking alcohol in excess' reduces health by 40 points.

Level 9: At level 9, 'Drinking alcohol in excess' reduces health by 45 points.

Level 10: At level 10, 'Drinking alcohol in excess' reduces health by 50 points.

Level 11: At level 11, 'Drinking alcohol in excess' reduces health by 55 points.

Level 12: At level 12, 'Drinking alcohol in excess' reduces health by 60 points.

Level 13: At level 13, 'Drinking alcohol in excess' reduces health by 65 points.

Level 14: At level 14, 'Drinking alcohol in excess' reduces health by 70 points.

Level 15: At level 15, 'Drinking alcohol in excess' reduces health by 75 points.

Card Name: Drinking all water in one sitting for efficiency

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Drinking all water in one sitting for efficiency' causes a bizarre effect that alters health by 45 points.

Card Name: Drinking energy drinks frequently

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Drinking energy drinks frequently' reduces health by 5 points.

Level 2: At level 2, 'Drinking energy drinks frequently' reduces health by 10 points.

Level 3: At level 3, 'Drinking energy drinks frequently' reduces health by 15 points.

Level 4: At level 4, 'Drinking energy drinks frequently' reduces health by 20 points.

Level 5: At level 5, 'Drinking energy drinks frequently' reduces health by 25 points.

Level 6: At level 6, 'Drinking energy drinks frequently' reduces health by 30 points.

Level 7: At level 7, 'Drinking energy drinks frequently' reduces health by 35 points.

Level 8: At level 8, 'Drinking energy drinks frequently' reduces health by 40 points.

Level 9: At level 9, 'Drinking energy drinks frequently' reduces health by 45 points.

Level 10: At level 10, 'Drinking energy drinks frequently' reduces health by 50 points.

Level 11: At level 11, 'Drinking energy drinks frequently' reduces health by 55 points.

Level 12: At level 12, 'Drinking energy drinks frequently' reduces health by 60 points.

Level 13: At level 13, 'Drinking energy drinks frequently' reduces health by 65 points.

Level 14: At level 14, 'Drinking energy drinks frequently' reduces health by 70 points.

Level 15: At level 15, 'Drinking energy drinks frequently' reduces health by 75 points.

Card Name: Drinking enough water throughout the day

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Drinking enough water throughout the day' improves health by 5 points.

Level 2: At level 2, 'Drinking enough water throughout the day' improves health by 10 points.

Level 3: At level 3, 'Drinking enough water throughout the day' improves health by 15 points.

Level 4: At level 4, 'Drinking enough water throughout the day' improves health by 20 points.

Level 5: At level 5, 'Drinking enough water throughout the day' improves health by 25 points.

Level 6: At level 6, 'Drinking enough water throughout the day' improves health by 30 points.

Level 7: At level 7, 'Drinking enough water throughout the day' improves health by 35 points.

Level 8: At level 8, 'Drinking enough water throughout the day' improves health by 40 points.

Level 9: At level 9, 'Drinking enough water throughout the day' improves health by 45 points.

Level 10: At level 10, 'Drinking enough water throughout the day' improves health by 50 points.

Level 11: At level 11, 'Drinking enough water throughout the day' improves health by 55 points.

Level 12: At level 12, 'Drinking enough water throughout the day' improves health by 60 points.

Level 13: At level 13, 'Drinking enough water throughout the day' improves health by 65 points.

Level 14: At level 14, 'Drinking enough water throughout the day' improves health by 70 points.

Level 15: At level 15, 'Drinking enough water throughout the day' improves health by 75 points.

Card Name: Drinking herbal tea for digestive support

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Drinking herbal tea for digestive support' improves health by 5 points.

Level 2: At level 2, 'Drinking herbal tea for digestive support' improves health by 10 points.

Level 3: At level 3, 'Drinking herbal tea for digestive support' improves health by 15 points.

Level 4: At level 4, 'Drinking herbal tea for digestive support' improves health by 20 points.

Level 5: At level 5, 'Drinking herbal tea for digestive support' improves health by 25 points.

Level 6: At level 6, 'Drinking herbal tea for digestive support' improves health by 30 points.

Level 7: At level 7, 'Drinking herbal tea for digestive support' improves health by 35 points.

Level 8: At level 8, 'Drinking herbal tea for digestive support' improves health by 40 points.

Level 9: At level 9, 'Drinking herbal tea for digestive support' improves health by 45 points.

Level 10: At level 10, 'Drinking herbal tea for digestive support' improves health by 50 points.

Level 11: At level 11, 'Drinking herbal tea for digestive support' improves health by 55 points.

Level 12: At level 12, 'Drinking herbal tea for digestive support' improves health by 60 points.

Level 13: At level 13, 'Drinking herbal tea for digestive support' improves health by 65 points.

Level 14: At level 14, 'Drinking herbal tea for digestive support' improves health by 70 points.

Level 15: At level 15, 'Drinking herbal tea for digestive support' improves health by 75 points.

Card Name: Drinking smoothies through a straw made of bamboo

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Drinking smoothies through a straw made of bamboo' causes a bizarre effect that alters health by 45 points.

Card Name: Drinking soda instead of water

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Drinking soda instead of water' reduces health by 5 points.

Level 2: At level 2, 'Drinking soda instead of water' reduces health by 10 points.

Level 3: At level 3, 'Drinking soda instead of water' reduces health by 15 points.

Level 4: At level 4, 'Drinking soda instead of water' reduces health by 20 points.

Level 5: At level 5, 'Drinking soda instead of water' reduces health by 25 points.

Level 6: At level 6, 'Drinking soda instead of water' reduces health by 30 points.

Level 7: At level 7, 'Drinking soda instead of water' reduces health by 35 points.

Level 8: At level 8, 'Drinking soda instead of water' reduces health by 40 points.

Level 9: At level 9, 'Drinking soda instead of water' reduces health by 45 points.

Level 10: At level 10, 'Drinking soda instead of water' reduces health by 50 points.

Level 11: At level 11, 'Drinking soda instead of water' reduces health by 55 points.

Level 12: At level 12, 'Drinking soda instead of water' reduces health by 60 points.

Level 13: At level 13, 'Drinking soda instead of water' reduces health by 65 points.

Level 14: At level 14, 'Drinking soda instead of water' reduces health by 70 points.

Level 15: At level 15, 'Drinking soda instead of water' reduces health by 75 points.

Card Name: Drinking too much coffee

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Drinking too much coffee' reduces health by 5 points.

Level 2: At level 2, 'Drinking too much coffee' reduces health by 10 points.

Level 3: At level 3, 'Drinking too much coffee' reduces health by 15 points.

Level 4: At level 4, 'Drinking too much coffee' reduces health by 20 points.

Level 5: At level 5, 'Drinking too much coffee' reduces health by 25 points.

Level 6: At level 6, 'Drinking too much coffee' reduces health by 30 points.

Level 7: At level 7, 'Drinking too much coffee' reduces health by 35 points.

Level 8: At level 8, 'Drinking too much coffee' reduces health by 40 points.

Level 9: At level 9, 'Drinking too much coffee' reduces health by 45 points.

Level 10: At level 10, 'Drinking too much coffee' reduces health by 50 points.

Level 11: At level 11, 'Drinking too much coffee' reduces health by 55 points.

Level 12: At level 12, 'Drinking too much coffee' reduces health by 60 points.

Level 13: At level 13, 'Drinking too much coffee' reduces health by 65 points.

Level 14: At level 14, 'Drinking too much coffee' reduces health by 70 points.

Level 15: At level 15, 'Drinking too much coffee' reduces health by 75 points.

Card Name: Drinking water only after sunset

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Drinking water only after sunset' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Drinking water only after sunset' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Drinking water only after sunset' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Drinking water only after sunset' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Drinking water only after sunset' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Drinking water only after sunset' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Drinking water only after sunset' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Drinking water only after sunset' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Drinking water only after sunset' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Drinking water only after sunset' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Drinking water only after sunset' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Drinking water only after sunset' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Drinking water only after sunset' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Drinking water only after sunset' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Drinking water only after sunset' causes a bizarre effect that alters health by 45 points.

Card Name: Eating antioxidant-rich foods for cell repair

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating antioxidant-rich foods for cell repair' improves health by 5 points.

Level 2: At level 2, 'Eating antioxidant-rich foods for cell repair' improves health by 10 points.

Level 3: At level 3, 'Eating antioxidant-rich foods for cell repair' improves health by 15 points.

Level 4: At level 4, 'Eating antioxidant-rich foods for cell repair' improves health by 20 points.

Level 5: At level 5, 'Eating antioxidant-rich foods for cell repair' improves health by 25 points.

Level 6: At level 6, 'Eating antioxidant-rich foods for cell repair' improves health by 30 points.

Level 7: At level 7, 'Eating antioxidant-rich foods for cell repair' improves health by 35 points.

Level 8: At level 8, 'Eating antioxidant-rich foods for cell repair' improves health by 40 points.

Level 9: At level 9, 'Eating antioxidant-rich foods for cell repair' improves health by 45 points.

Level 10: At level 10, 'Eating antioxidant-rich foods for cell repair' improves health by 50 points.

Level 11: At level 11, 'Eating antioxidant-rich foods for cell repair' improves health by 55 points.

Level 12: At level 12, 'Eating antioxidant-rich foods for cell repair' improves health by 60 points.

Level 13: At level 13, 'Eating antioxidant-rich foods for cell repair' improves health by 65 points.

Level 14: At level 14, 'Eating antioxidant-rich foods for cell repair' improves health by 70 points.

Level 15: At level 15, 'Eating antioxidant-rich foods for cell repair' improves health by 75 points.

Card Name: Eating everything with a spoon for balance

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Eating everything with a spoon for balance' causes a bizarre effect that alters health by 45 points.

Card Name: Eating excessive amounts of sugar

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating excessive amounts of sugar' reduces health by 5 points.

Level 2: At level 2, 'Eating excessive amounts of sugar' reduces health by 10 points.

Level 3: At level 3, 'Eating excessive amounts of sugar' reduces health by 15 points.

Level 4: At level 4, 'Eating excessive amounts of sugar' reduces health by 20 points.

Level 5: At level 5, 'Eating excessive amounts of sugar' reduces health by 25 points.

Level 6: At level 6, 'Eating excessive amounts of sugar' reduces health by 30 points.

Level 7: At level 7, 'Eating excessive amounts of sugar' reduces health by 35 points.

Level 8: At level 8, 'Eating excessive amounts of sugar' reduces health by 40 points.

Level 9: At level 9, 'Eating excessive amounts of sugar' reduces health by 45 points.

Level 10: At level 10, 'Eating excessive amounts of sugar' reduces health by 50 points.

Level 11: At level 11, 'Eating excessive amounts of sugar' reduces health by 55 points.

Level 12: At level 12, 'Eating excessive amounts of sugar' reduces health by 60 points.

Level 13: At level 13, 'Eating excessive amounts of sugar' reduces health by 65 points.

Level 14: At level 14, 'Eating excessive amounts of sugar' reduces health by 70 points.

Level 15: At level 15, 'Eating excessive amounts of sugar' reduces health by 75 points.

Card Name: Eating excessive fried foods

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating excessive fried foods' reduces health by 5 points.

Level 2: At level 2, 'Eating excessive fried foods' reduces health by 10 points.

Level 3: At level 3, 'Eating excessive fried foods' reduces health by 15 points.

Level 4: At level 4, 'Eating excessive fried foods' reduces health by 20 points.

Level 5: At level 5, 'Eating excessive fried foods' reduces health by 25 points.

Level 6: At level 6, 'Eating excessive fried foods' reduces health by 30 points.

Level 7: At level 7, 'Eating excessive fried foods' reduces health by 35 points.

Level 8: At level 8, 'Eating excessive fried foods' reduces health by 40 points.

Level 9: At level 9, 'Eating excessive fried foods' reduces health by 45 points.

Level 10: At level 10, 'Eating excessive fried foods' reduces health by 50 points.

Level 11: At level 11, 'Eating excessive fried foods' reduces health by 55 points.

Level 12: At level 12, 'Eating excessive fried foods' reduces health by 60 points.

Level 13: At level 13, 'Eating excessive fried foods' reduces health by 65 points.

Level 14: At level 14, 'Eating excessive fried foods' reduces health by 70 points.

Level 15: At level 15, 'Eating excessive fried foods' reduces health by 75 points.

Card Name: Eating fiber-rich foods to improve gut health

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating fiber-rich foods to improve gut health' improves health by 5 points.

Level 2: At level 2, 'Eating fiber-rich foods to improve gut health' improves health by 10 points.

Level 3: At level 3, 'Eating fiber-rich foods to improve gut health' improves health by 15 points.

Level 4: At level 4, 'Eating fiber-rich foods to improve gut health' improves health by 20 points.

Level 5: At level 5, 'Eating fiber-rich foods to improve gut health' improves health by 25 points.

Level 6: At level 6, 'Eating fiber-rich foods to improve gut health' improves health by 30 points.

Level 7: At level 7, 'Eating fiber-rich foods to improve gut health' improves health by 35 points.

Level 8: At level 8, 'Eating fiber-rich foods to improve gut health' improves health by 40 points.

Level 9: At level 9, 'Eating fiber-rich foods to improve gut health' improves health by 45 points.

Level 10: At level 10, 'Eating fiber-rich foods to improve gut health' improves health by 50 points.

Level 11: At level 11, 'Eating fiber-rich foods to improve gut health' improves health by 55 points.

Level 12: At level 12, 'Eating fiber-rich foods to improve gut health' improves health by 60 points.

Level 13: At level 13, 'Eating fiber-rich foods to improve gut health' improves health by 65 points.

Level 14: At level 14, 'Eating fiber-rich foods to improve gut health' improves health by 70 points.

Level 15: At level 15, 'Eating fiber-rich foods to improve gut health' improves health by 75 points.

Card Name: Eating fruit with your hands to 'connect with nature'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Eating fruit with your hands to 'connect with nature"' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Eating fruit with your hands to 'connect with nature" causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Eating fruit with your hands to 'connect with nature" causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Eating fruit with your hands to 'connect with nature" causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Eating fruit with your hands to 'connect with nature" causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Eating fruit with your hands to 'connect with nature" causes a bizarre effect that alters health by 45 points.

Card Name: Eating ice cubes instead of drinking water

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Eating ice cubes instead of drinking water' causes a bizarre effect that alters health by 45 points.

Card Name: Eating junk food late at night

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating junk food late at night' reduces health by 5 points.

Level 2: At level 2, 'Eating junk food late at night' reduces health by 10 points.

Level 3: At level 3, 'Eating junk food late at night' reduces health by 15 points.

Level 4: At level 4, 'Eating junk food late at night' reduces health by 20 points.

Level 5: At level 5, 'Eating junk food late at night' reduces health by 25 points.

Level 6: At level 6, 'Eating junk food late at night' reduces health by 30 points.

Level 7: At level 7, 'Eating junk food late at night' reduces health by 35 points.

Level 8: At level 8, 'Eating junk food late at night' reduces health by 40 points.

Level 9: At level 9, 'Eating junk food late at night' reduces health by 45 points.

Level 10: At level 10, 'Eating junk food late at night' reduces health by 50 points.

Level 11: At level 11, 'Eating junk food late at night' reduces health by 55 points.

Level 12: At level 12, 'Eating junk food late at night' reduces health by 60 points.

Level 13: At level 13, 'Eating junk food late at night' reduces health by 65 points.

Level 14: At level 14, 'Eating junk food late at night' reduces health by 70 points.

Level 15: At level 15, 'Eating junk food late at night' reduces health by 75 points.

Card Name: Eating meals in complete silence for 'focus'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Eating meals in complete silence for 'focus'' causes a bizarre effect that alters health by 45 points.

Card Name: Eating meals outside for 'fresh air'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating meals outside for 'fresh air'' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Eating meals outside for 'fresh air'' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Eating meals outside for 'fresh air'' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Eating meals outside for 'fresh air'' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Eating meals outside for 'fresh air"' causes a bizarre effect that alters health by 45 points.

Card Name: Eating more vegetables for better digestion

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating more vegetables for better digestion' improves health by 5 points.

Level 2: At level 2, 'Eating more vegetables for better digestion' improves health by 10 points.

Level 3: At level 3, 'Eating more vegetables for better digestion' improves health by 15 points.

Level 4: At level 4, 'Eating more vegetables for better digestion' improves health by 20 points.

Level 5: At level 5, 'Eating more vegetables for better digestion' improves health by 25 points.

Level 6: At level 6, 'Eating more vegetables for better digestion' improves health by 30 points.

Level 7: At level 7, 'Eating more vegetables for better digestion' improves health by 35 points.

Level 8: At level 8, 'Eating more vegetables for better digestion' improves health by 40 points.

Level 9: At level 9, 'Eating more vegetables for better digestion' improves health by 45 points.

Level 10: At level 10, 'Eating more vegetables for better digestion' improves health by 50 points.

Level 11: At level 11, 'Eating more vegetables for better digestion' improves health by 55 points.

Level 12: At level 12, 'Eating more vegetables for better digestion' improves health by 60 points.

Level 13: At level 13, 'Eating more vegetables for better digestion' improves health by 65 points.

Level 14: At level 14, 'Eating more vegetables for better digestion' improves health by 70 points.

Level 15: At level 15, 'Eating more vegetables for better digestion' improves health by 75 points.

Card Name: Eating only foods that are yellow for a day

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Eating only foods that are yellow for a day' causes a bizarre effect that alters health by 45 points.

Card Name: Eating only while standing for a week

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating only while standing for a week' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Eating only while standing for a week' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Eating only while standing for a week' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Eating only while standing for a week' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Eating only while standing for a week' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Eating only while standing for a week' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Eating only while standing for a week' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Eating only while standing for a week' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Eating only while standing for a week' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Eating only while standing for a week' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Eating only while standing for a week' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Eating only while standing for a week' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Eating only while standing for a week' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Eating only while standing for a week' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Eating only while standing for a week' causes a bizarre effect that alters health by 45 points.

Card Name: Eating only with chopsticks to reduce meal size

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Eating only with chopsticks to reduce meal size' causes a bizarre effect that alters health by 45 points.

Card Name: Eating probiotic-rich foods to improve gut flora

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating probiotic-rich foods to improve gut flora' improves health by 5 points.

Level 2: At level 2, 'Eating probiotic-rich foods to improve gut flora' improves health by 10 points.

Level 3: At level 3, 'Eating probiotic-rich foods to improve gut flora' improves health by 15 points.

Level 4: At level 4, 'Eating probiotic-rich foods to improve gut flora' improves health by 20 points.

Level 5: At level 5, 'Eating probiotic-rich foods to improve gut flora' improves health by 25 points.

Level 6: At level 6, 'Eating probiotic-rich foods to improve gut flora' improves health by 30 points.

Level 7: At level 7, 'Eating probiotic-rich foods to improve gut flora' improves health by 35 points.

Level 8: At level 8, 'Eating probiotic-rich foods to improve gut flora' improves health by 40 points.

Level 9: At level 9, 'Eating probiotic-rich foods to improve gut flora' improves health by 45 points.

Level 10: At level 10, 'Eating probiotic-rich foods to improve gut flora' improves health by 50 points.

Level 11: At level 11, 'Eating probiotic-rich foods to improve gut flora' improves health by 55 points.

Level 12: At level 12, 'Eating probiotic-rich foods to improve gut flora' improves health by 60 points.

Level 13: At level 13, 'Eating probiotic-rich foods to improve gut flora' improves health by 65 points.

Level 14: At level 14, 'Eating probiotic-rich foods to improve gut flora' improves health by 70 points.

Level 15: At level 15, 'Eating probiotic-rich foods to improve gut flora' improves health by 75 points.

Card Name: Eating processed foods with artificial additives

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating processed foods with artificial additives' reduces health by 5 points.

Level 2: At level 2, 'Eating processed foods with artificial additives' reduces health by 10 points.

Level 3: At level 3, 'Eating processed foods with artificial additives' reduces health by 15 points.

Level 4: At level 4, 'Eating processed foods with artificial additives' reduces health by 20 points.

Level 5: At level 5, 'Eating processed foods with artificial additives' reduces health by 25 points.

Level 6: At level 6, 'Eating processed foods with artificial additives' reduces health by 30 points.

Level 7: At level 7, 'Eating processed foods with artificial additives' reduces health by 35 points.

Level 8: At level 8, 'Eating processed foods with artificial additives' reduces health by 40 points.

Level 9: At level 9, 'Eating processed foods with artificial additives' reduces health by 45 points.

Level 10: At level 10, 'Eating processed foods with artificial additives' reduces health by 50 points.

Level 11: At level 11, 'Eating processed foods with artificial additives' reduces health by 55 points.

Level 12: At level 12, 'Eating processed foods with artificial additives' reduces health by 60 points.

Level 13: At level 13, 'Eating processed foods with artificial additives' reduces health by 65 points.

Level 14: At level 14, 'Eating processed foods with artificial additives' reduces health by 70 points.

Level 15: At level 15, 'Eating processed foods with artificial additives' reduces health by 75 points.

Card Name: Eating processed snacks often

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating processed snacks often' reduces health by 5 points.

Level 2: At level 2, 'Eating processed snacks often' reduces health by 10 points.

Level 3: At level 3, 'Eating processed snacks often' reduces health by 15 points.

Level 4: At level 4, 'Eating processed snacks often' reduces health by 20 points.

Level 5: At level 5, 'Eating processed snacks often' reduces health by 25 points.

Level 6: At level 6, 'Eating processed snacks often' reduces health by 30 points.

Level 7: At level 7, 'Eating processed snacks often' reduces health by 35 points.

Level 8: At level 8, 'Eating processed snacks often' reduces health by 40 points.

Level 9: At level 9, 'Eating processed snacks often' reduces health by 45 points.

Level 10: At level 10, 'Eating processed snacks often' reduces health by 50 points.

Level 11: At level 11, 'Eating processed snacks often' reduces health by 55 points.

Level 12: At level 12, 'Eating processed snacks often' reduces health by 60 points.

Level 13: At level 13, 'Eating processed snacks often' reduces health by 65 points.

Level 14: At level 14, 'Eating processed snacks often' reduces health by 70 points.

Level 15: At level 15, 'Eating processed snacks often' reduces health by 75 points.

Card Name: Eating smaller, frequent meals for stable blood sugar

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating smaller, frequent meals for stable blood sugar' improves health by 5 points.

Level 2: At level 2, 'Eating smaller, frequent meals for stable blood sugar' improves health by 10 points.

Level 3: At level 3, 'Eating smaller, frequent meals for stable blood sugar' improves health by 15 points.

Level 4: At level 4, 'Eating smaller, frequent meals for stable blood sugar' improves health by 20 points.

Level 5: At level 5, 'Eating smaller, frequent meals for stable blood sugar' improves health by 25 points.

Level 6: At level 6, 'Eating smaller, frequent meals for stable blood sugar' improves health by 30 points.

Level 7: At level 7, 'Eating smaller, frequent meals for stable blood sugar' improves health by 35 points.

Level 8: At level 8, 'Eating smaller, frequent meals for stable blood sugar' improves health by 40 points.

Level 9: At level 9, 'Eating smaller, frequent meals for stable blood sugar' improves health by 45 points.

Level 10: At level 10, 'Eating smaller, frequent meals for stable blood sugar' improves health by 50 points.

Level 11: At level 11, 'Eating smaller, frequent meals for stable blood sugar' improves health by 55 points.

Level 12: At level 12, 'Eating smaller, frequent meals for stable blood sugar' improves health by 60 points.

Level 13: At level 13, 'Eating smaller, frequent meals for stable blood sugar' improves health by 65 points.

Level 14: At level 14, 'Eating smaller, frequent meals for stable blood sugar' improves health by 70 points.

Level 15: At level 15, 'Eating smaller, frequent meals for stable blood sugar' improves health by 75 points.

Card Name: Eating too few fruits and vegetables

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating too few fruits and vegetables' reduces health by 5 points.

Level 2: At level 2, 'Eating too few fruits and vegetables' reduces health by 10 points.

Level 3: At level 3, 'Eating too few fruits and vegetables' reduces health by 15 points.

Level 4: At level 4, 'Eating too few fruits and vegetables' reduces health by 20 points.

Level 5: At level 5, 'Eating too few fruits and vegetables' reduces health by 25 points.

Level 6: At level 6, 'Eating too few fruits and vegetables' reduces health by 30 points.

Level 7: At level 7, 'Eating too few fruits and vegetables' reduces health by 35 points.

Level 8: At level 8, 'Eating too few fruits and vegetables' reduces health by 40 points.

Level 9: At level 9, 'Eating too few fruits and vegetables' reduces health by 45 points.

Level 10: At level 10, 'Eating too few fruits and vegetables' reduces health by 50 points.

Level 11: At level 11, 'Eating too few fruits and vegetables' reduces health by 55 points.

Level 12: At level 12, 'Eating too few fruits and vegetables' reduces health by 60 points.

Level 13: At level 13, 'Eating too few fruits and vegetables' reduces health by 65 points.

Level 14: At level 14, 'Eating too few fruits and vegetables' reduces health by 70 points.

Level 15: At level 15, 'Eating too few fruits and vegetables' reduces health by 75 points.

Card Name: Eating too many refined carbs

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating too many refined carbs' reduces health by 5 points.

Level 2: At level 2, 'Eating too many refined carbs' reduces health by 10 points.

Level 3: At level 3, 'Eating too many refined carbs' reduces health by 15 points.

Level 4: At level 4, 'Eating too many refined carbs' reduces health by 20 points.

Level 5: At level 5, 'Eating too many refined carbs' reduces health by 25 points.

Level 6: At level 6, 'Eating too many refined carbs' reduces health by 30 points.

Level 7: At level 7, 'Eating too many refined carbs' reduces health by 35 points.

Level 8: At level 8, 'Eating too many refined carbs' reduces health by 40 points.

Level 9: At level 9, 'Eating too many refined carbs' reduces health by 45 points.

Level 10: At level 10, 'Eating too many refined carbs' reduces health by 50 points.

Level 11: At level 11, 'Eating too many refined carbs' reduces health by 55 points.

Level 12: At level 12, 'Eating too many refined carbs' reduces health by 60 points.

Level 13: At level 13, 'Eating too many refined carbs' reduces health by 65 points.

Level 14: At level 14, 'Eating too many refined carbs' reduces health by 70 points.

Level 15: At level 15, 'Eating too many refined carbs' reduces health by 75 points.

Card Name: Eating too many sweets

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating too many sweets' reduces health by 5 points.

Level 2: At level 2, 'Eating too many sweets' reduces health by 10 points.

Level 3: At level 3, 'Eating too many sweets' reduces health by 15 points.

Level 4: At level 4, 'Eating too many sweets' reduces health by 20 points.

Level 5: At level 5, 'Eating too many sweets' reduces health by 25 points.

Level 6: At level 6, 'Eating too many sweets' reduces health by 30 points.

Level 7: At level 7, 'Eating too many sweets' reduces health by 35 points.

Level 8: At level 8, 'Eating too many sweets' reduces health by 40 points.

Level 9: At level 9, 'Eating too many sweets' reduces health by 45 points.

Level 10: At level 10, 'Eating too many sweets' reduces health by 50 points.

Level 11: At level 11, 'Eating too many sweets' reduces health by 55 points.

Level 12: At level 12, 'Eating too many sweets' reduces health by 60 points.

Level 13: At level 13, 'Eating too many sweets' reduces health by 65 points.

Level 14: At level 14, 'Eating too many sweets' reduces health by 70 points.

Level 15: At level 15, 'Eating too many sweets' reduces health by 75 points.

Card Name: Eating too much processed meat

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating too much processed meat' reduces health by 5 points.

Level 2: At level 2, 'Eating too much processed meat' reduces health by 10 points.

Level 3: At level 3, 'Eating too much processed meat' reduces health by 15 points.

Level 4: At level 4, 'Eating too much processed meat' reduces health by 20 points.

Level 5: At level 5, 'Eating too much processed meat' reduces health by 25 points.

Level 6: At level 6, 'Eating too much processed meat' reduces health by 30 points.

Level 7: At level 7, 'Eating too much processed meat' reduces health by 35 points.

Level 8: At level 8, 'Eating too much processed meat' reduces health by 40 points.

Level 9: At level 9, 'Eating too much processed meat' reduces health by 45 points.

Level 10: At level 10, 'Eating too much processed meat' reduces health by 50 points.

Level 11: At level 11, 'Eating too much processed meat' reduces health by 55 points.

Level 12: At level 12, 'Eating too much processed meat' reduces health by 60 points.

Level 13: At level 13, 'Eating too much processed meat' reduces health by 65 points.

Level 14: At level 14, 'Eating too much processed meat' reduces health by 70 points.

Level 15: At level 15, 'Eating too much processed meat' reduces health by 75 points.

Card Name: Eating too much red meat regularly

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating too much red meat regularly' reduces health by 5 points.

Level 2: At level 2, 'Eating too much red meat regularly' reduces health by 10 points.

Level 3: At level 3, 'Eating too much red meat regularly' reduces health by 15 points.

Level 4: At level 4, 'Eating too much red meat regularly' reduces health by 20 points.

Level 5: At level 5, 'Eating too much red meat regularly' reduces health by 25 points.

Level 6: At level 6, 'Eating too much red meat regularly' reduces health by 30 points.

Level 7: At level 7, 'Eating too much red meat regularly' reduces health by 35 points.

Level 8: At level 8, 'Eating too much red meat regularly' reduces health by 40 points.

Level 9: At level 9, 'Eating too much red meat regularly' reduces health by 45 points.

Level 10: At level 10, 'Eating too much red meat regularly' reduces health by 50 points.

Level 11: At level 11, 'Eating too much red meat regularly' reduces health by 55 points.

Level 12: At level 12, 'Eating too much red meat regularly' reduces health by 60 points.

Level 13: At level 13, 'Eating too much red meat regularly' reduces health by 65 points.

Level 14: At level 14, 'Eating too much red meat regularly' reduces health by 70 points.

Level 15: At level 15, 'Eating too much red meat regularly' reduces health by 75 points.

Card Name: Eating while distracted by screens

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating while distracted by screens' reduces health by 5 points.

Level 2: At level 2, 'Eating while distracted by screens' reduces health by 10 points.

Level 3: At level 3, 'Eating while distracted by screens' reduces health by 15 points.

Level 4: At level 4, 'Eating while distracted by screens' reduces health by 20 points.

Level 5: At level 5, 'Eating while distracted by screens' reduces health by 25 points.

Level 6: At level 6, 'Eating while distracted by screens' reduces health by 30 points.

Level 7: At level 7, 'Eating while distracted by screens' reduces health by 35 points.

Level 8: At level 8, 'Eating while distracted by screens' reduces health by 40 points.

Level 9: At level 9, 'Eating while distracted by screens' reduces health by 45 points.

Level 10: At level 10, 'Eating while distracted by screens' reduces health by 50 points.

Level 11: At level 11, 'Eating while distracted by screens' reduces health by 55 points.

Level 12: At level 12, 'Eating while distracted by screens' reduces health by 60 points.

Level 13: At level 13, 'Eating while distracted by screens' reduces health by 65 points.

Level 14: At level 14, 'Eating while distracted by screens' reduces health by 70 points.

Level 15: At level 15, 'Eating while distracted by screens' reduces health by 75 points.

Card Name: Eating while doing a handstand

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating while doing a handstand' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Eating while doing a handstand' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Eating while doing a handstand' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Eating while doing a handstand' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Eating while doing a handstand' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Eating while doing a handstand' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Eating while doing a handstand' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Eating while doing a handstand' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Eating while doing a handstand' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Eating while doing a handstand' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Eating while doing a handstand' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Eating while doing a handstand' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Eating while doing a handstand' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Eating while doing a handstand' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Eating while doing a handstand' causes a bizarre effect that alters health by 45 points.

Card Name: Eating whole fruits instead of drinking juice

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Eating whole fruits instead of drinking juice' improves health by 5 points.

Level 2: At level 2, 'Eating whole fruits instead of drinking juice' improves health by 10 points.

Level 3: At level 3, 'Eating whole fruits instead of drinking juice' improves health by 15 points.

Level 4: At level 4, 'Eating whole fruits instead of drinking juice' improves health by 20 points.

Level 5: At level 5, 'Eating whole fruits instead of drinking juice' improves health by 25 points.

Level 6: At level 6, 'Eating whole fruits instead of drinking juice' improves health by 30 points.

Level 7: At level 7, 'Eating whole fruits instead of drinking juice' improves health by 35 points.

Level 8: At level 8, 'Eating whole fruits instead of drinking juice' improves health by 40 points.

Level 9: At level 9, 'Eating whole fruits instead of drinking juice' improves health by 45 points.

Level 10: At level 10, 'Eating whole fruits instead of drinking juice' improves health by 50 points.

Level 11: At level 11, 'Eating whole fruits instead of drinking juice' improves health by 55 points.

Level 12: At level 12, 'Eating whole fruits instead of drinking juice' improves health by 60 points.

Level 13: At level 13, 'Eating whole fruits instead of drinking juice' improves health by 65 points.

Level 14: At level 14, 'Eating whole fruits instead of drinking juice' improves health by 70 points.

Level 15: At level 15, 'Eating whole fruits instead of drinking juice' improves health by 75 points.

Card Name: Failing to manage stress

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Failing to manage stress' reduces health by 5 points.

Level 2: At level 2, 'Failing to manage stress' reduces health by 10 points.

Level 3: At level 3, 'Failing to manage stress' reduces health by 15 points.

Level 4: At level 4, 'Failing to manage stress' reduces health by 20 points.

Level 5: At level 5, 'Failing to manage stress' reduces health by 25 points.

Level 6: At level 6, 'Failing to manage stress' reduces health by 30 points.

Level 7: At level 7, 'Failing to manage stress' reduces health by 35 points.

Level 8: At level 8, 'Failing to manage stress' reduces health by 40 points.

Level 9: At level 9, 'Failing to manage stress' reduces health by 45 points.

Level 10: At level 10, 'Failing to manage stress' reduces health by 50 points.

Level 11: At level 11, 'Failing to manage stress' reduces health by 55 points.

Level 12: At level 12, 'Failing to manage stress' reduces health by 60 points.

Level 13: At level 13, 'Failing to manage stress' reduces health by 65 points.

Level 14: At level 14, 'Failing to manage stress' reduces health by 70 points.

Level 15: At level 15, 'Failing to manage stress' reduces health by 75 points.

Card Name: Failing to treat minor injuries

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Failing to treat minor injuries' reduces health by 5 points.

Level 2: At level 2, 'Failing to treat minor injuries' reduces health by 10 points.

Level 3: At level 3, 'Failing to treat minor injuries' reduces health by 15 points.

Level 4: At level 4, 'Failing to treat minor injuries' reduces health by 20 points.

Level 5: At level 5, 'Failing to treat minor injuries' reduces health by 25 points.

Level 6: At level 6, 'Failing to treat minor injuries' reduces health by 30 points.

Level 7: At level 7, 'Failing to treat minor injuries' reduces health by 35 points.

Level 8: At level 8, 'Failing to treat minor injuries' reduces health by 40 points.

Level 9: At level 9, 'Failing to treat minor injuries' reduces health by 45 points.

Level 10: At level 10, 'Failing to treat minor injuries' reduces health by 50 points.

Level 11: At level 11, 'Failing to treat minor injuries' reduces health by 55 points.

Level 12: At level 12, 'Failing to treat minor injuries' reduces health by 60 points.

Level 13: At level 13, 'Failing to treat minor injuries' reduces health by 65 points.

Level 14: At level 14, 'Failing to treat minor injuries' reduces health by 70 points.

Level 15: At level 15, 'Failing to treat minor injuries' reduces health by 75 points.

Card Name: Getting enough protein for muscle recovery

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Getting enough protein for muscle recovery' improves health by 5 points.

Level 2: At level 2, 'Getting enough protein for muscle recovery' improves health by 10 points.

Level 3: At level 3, 'Getting enough protein for muscle recovery' improves health by 15 points.

Level 4: At level 4, 'Getting enough protein for muscle recovery' improves health by 20 points.

Level 5: At level 5, 'Getting enough protein for muscle recovery' improves health by 25 points.

Level 6: At level 6, 'Getting enough protein for muscle recovery' improves health by 30 points.

Level 7: At level 7, 'Getting enough protein for muscle recovery' improves health by 35 points.

Level 8: At level 8, 'Getting enough protein for muscle recovery' improves health by 40 points.

Level 9: At level 9, 'Getting enough protein for muscle recovery' improves health by 45 points.

Level 10: At level 10, 'Getting enough protein for muscle recovery' improves health by 50 points.

Level 11: At level 11, 'Getting enough protein for muscle recovery' improves health by 55 points.

Level 12: At level 12, 'Getting enough protein for muscle recovery' improves health by 60 points.

Level 13: At level 13, 'Getting enough protein for muscle recovery' improves health by 65 points.

Level 14: At level 14, 'Getting enough protein for muscle recovery' improves health by 70 points.

Level 15: At level 15, 'Getting enough protein for muscle recovery' improves health by 75 points.

Card Name: Getting regular vaccinations to prevent diseases

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Getting regular vaccinations to prevent diseases' improves health by 5 points.

Level 2: At level 2, 'Getting regular vaccinations to prevent diseases' improves health by 10 points.

Level 3: At level 3, 'Getting regular vaccinations to prevent diseases' improves health by 15 points.

Level 4: At level 4, 'Getting regular vaccinations to prevent diseases' improves health by 20 points.

Level 5: At level 5, 'Getting regular vaccinations to prevent diseases' improves health by 25 points.

Level 6: At level 6, 'Getting regular vaccinations to prevent diseases' improves health by 30 points.

Level 7: At level 7, 'Getting regular vaccinations to prevent diseases' improves health by 35 points.

Level 8: At level 8, 'Getting regular vaccinations to prevent diseases' improves health by 40 points.

Level 9: At level 9, 'Getting regular vaccinations to prevent diseases' improves health by 45 points.

Level 10: At level 10, 'Getting regular vaccinations to prevent diseases' improves health by 50 points.

Level 11: At level 11, 'Getting regular vaccinations to prevent diseases' improves health by 55 points.

Level 12: At level 12, 'Getting regular vaccinations to prevent diseases' improves health by 60 points.

Level 13: At level 13, 'Getting regular vaccinations to prevent diseases' improves health by 65 points.

Level 14: At level 14, 'Getting regular vaccinations to prevent diseases' improves health by 70 points.

Level 15: At level 15, 'Getting regular vaccinations to prevent diseases' improves health by 75 points.

Card Name: Hopping between rooms to 'increase heart rate'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Hopping between rooms to 'increase heart rate"' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Hopping between rooms to 'increase heart rate'' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Hopping between rooms to 'increase heart rate'' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Hopping between rooms to 'increase heart rate'' causes a bizarre effect that alters health by 45 points.

Card Name: Ignoring early signs of illness

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Ignoring early signs of illness' reduces health by 5 points.

Level 2: At level 2, 'Ignoring early signs of illness' reduces health by 10 points.

Level 3: At level 3, 'Ignoring early signs of illness' reduces health by 15 points.

Level 4: At level 4, 'Ignoring early signs of illness' reduces health by 20 points.

Level 5: At level 5, 'Ignoring early signs of illness' reduces health by 25 points.

Level 6: At level 6, 'Ignoring early signs of illness' reduces health by 30 points.

Level 7: At level 7, 'Ignoring early signs of illness' reduces health by 35 points.

Level 8: At level 8, 'Ignoring early signs of illness' reduces health by 40 points.

Level 9: At level 9, 'Ignoring early signs of illness' reduces health by 45 points.

Level 10: At level 10, 'Ignoring early signs of illness' reduces health by 50 points.

Level 11: At level 11, 'Ignoring early signs of illness' reduces health by 55 points.

Level 12: At level 12, 'Ignoring early signs of illness' reduces health by 60 points.

Level 13: At level 13, 'Ignoring early signs of illness' reduces health by 65 points.

Level 14: At level 14, 'Ignoring early signs of illness' reduces health by 70 points.

Level 15: At level 15, 'Ignoring early signs of illness' reduces health by 75 points.

Card Name: Ignoring mental health symptoms

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Ignoring mental health symptoms' reduces health by 5 points.

Level 2: At level 2, 'Ignoring mental health symptoms' reduces health by 10 points.

Level 3: At level 3, 'Ignoring mental health symptoms' reduces health by 15 points.

Level 4: At level 4, 'Ignoring mental health symptoms' reduces health by 20 points.

Level 5: At level 5, 'Ignoring mental health symptoms' reduces health by 25 points.

Level 6: At level 6, 'Ignoring mental health symptoms' reduces health by 30 points.

Level 7: At level 7, 'Ignoring mental health symptoms' reduces health by 35 points.

Level 8: At level 8, 'Ignoring mental health symptoms' reduces health by 40 points.

Level 9: At level 9, 'Ignoring mental health symptoms' reduces health by 45 points.

Level 10: At level 10, 'Ignoring mental health symptoms' reduces health by 50 points.

Level 11: At level 11, 'Ignoring mental health symptoms' reduces health by 55 points.

Level 12: At level 12, 'Ignoring mental health symptoms' reduces health by 60 points.

Level 13: At level 13, 'Ignoring mental health symptoms' reduces health by 65 points.

Level 14: At level 14, 'Ignoring mental health symptoms' reduces health by 70 points.

Level 15: At level 15, 'Ignoring mental health symptoms' reduces health by 75 points.

Card Name: Ignoring regular sleep schedules

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Ignoring regular sleep schedules' reduces health by 5 points.

Level 2: At level 2, 'Ignoring regular sleep schedules' reduces health by 10 points.

Level 3: At level 3, 'Ignoring regular sleep schedules' reduces health by 15 points.

Level 4: At level 4, 'Ignoring regular sleep schedules' reduces health by 20 points.

Level 5: At level 5, 'Ignoring regular sleep schedules' reduces health by 25 points.

Level 6: At level 6, 'Ignoring regular sleep schedules' reduces health by 30 points.

Level 7: At level 7, 'Ignoring regular sleep schedules' reduces health by 35 points.

Level 8: At level 8, 'Ignoring regular sleep schedules' reduces health by 40 points.

Level 9: At level 9, 'Ignoring regular sleep schedules' reduces health by 45 points.

Level 10: At level 10, 'Ignoring regular sleep schedules' reduces health by 50 points.

Level 11: At level 11, 'Ignoring regular sleep schedules' reduces health by 55 points.

Level 12: At level 12, 'Ignoring regular sleep schedules' reduces health by 60 points.

Level 13: At level 13, 'Ignoring regular sleep schedules' reduces health by 65 points.

Level 14: At level 14, 'Ignoring regular sleep schedules' reduces health by 70 points.

Level 15: At level 15, 'Ignoring regular sleep schedules' reduces health by 75 points.

Card Name: Ignoring signs of dehydration

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Ignoring signs of dehydration' reduces health by 5 points.

Level 2: At level 2, 'Ignoring signs of dehydration' reduces health by 10 points.

Level 3: At level 3, 'Ignoring signs of dehydration' reduces health by 15 points.

Level 4: At level 4, 'Ignoring signs of dehydration' reduces health by 20 points.

Level 5: At level 5, 'Ignoring signs of dehydration' reduces health by 25 points.

Level 6: At level 6, 'Ignoring signs of dehydration' reduces health by 30 points.

Level 7: At level 7, 'Ignoring signs of dehydration' reduces health by 35 points.

Level 8: At level 8, 'Ignoring signs of dehydration' reduces health by 40 points.

Level 9: At level 9, 'Ignoring signs of dehydration' reduces health by 45 points.

Level 10: At level 10, 'Ignoring signs of dehydration' reduces health by 50 points.

Level 11: At level 11, 'Ignoring signs of dehydration' reduces health by 55 points.

Level 12: At level 12, 'Ignoring signs of dehydration' reduces health by 60 points.

Level 13: At level 13, 'Ignoring signs of dehydration' reduces health by 65 points.

Level 14: At level 14, 'Ignoring signs of dehydration' reduces health by 70 points.

Level 15: At level 15, 'Ignoring signs of dehydration' reduces health by 75 points.

Card Name: Ignoring symptoms of illness

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Ignoring symptoms of illness' reduces health by 5 points.

Level 2: At level 2, 'Ignoring symptoms of illness' reduces health by 10 points.

Level 3: At level 3, 'Ignoring symptoms of illness' reduces health by 15 points.

Level 4: At level 4, 'Ignoring symptoms of illness' reduces health by 20 points.

Level 5: At level 5, 'Ignoring symptoms of illness' reduces health by 25 points.

Level 6: At level 6, 'Ignoring symptoms of illness' reduces health by 30 points.

Level 7: At level 7, 'Ignoring symptoms of illness' reduces health by 35 points.

Level 8: At level 8, 'Ignoring symptoms of illness' reduces health by 40 points.

Level 9: At level 9, 'Ignoring symptoms of illness' reduces health by 45 points.

Level 10: At level 10, 'Ignoring symptoms of illness' reduces health by 50 points.

Level 11: At level 11, 'Ignoring symptoms of illness' reduces health by 55 points.

Level 12: At level 12, 'Ignoring symptoms of illness' reduces health by 60 points.

Level 13: At level 13, 'Ignoring symptoms of illness' reduces health by 65 points.

Level 14: At level 14, 'Ignoring symptoms of illness' reduces health by 70 points.

Level 15: At level 15, 'Ignoring symptoms of illness' reduces health by 75 points.

Card Name: Improving posture by sitting and standing correctly

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Improving posture by sitting and standing correctly' improves health by 5 points.

Level 2: At level 2, 'Improving posture by sitting and standing correctly' improves health by 10 points.

Level 3: At level 3, 'Improving posture by sitting and standing correctly' improves health by 15 points.

Level 4: At level 4, 'Improving posture by sitting and standing correctly' improves health by 20 points.

Level 5: At level 5, 'Improving posture by sitting and standing correctly' improves health by 25 points.

Level 6: At level 6, 'Improving posture by sitting and standing correctly' improves health by 30 points.

Level 7: At level 7, 'Improving posture by sitting and standing correctly' improves health by 35 points.

Level 8: At level 8, 'Improving posture by sitting and standing correctly' improves health by 40 points.

Level 9: At level 9, 'Improving posture by sitting and standing correctly' improves health by 45 points.

Level 10: At level 10, 'Improving posture by sitting and standing correctly' improves health by 50 points.

Level 11: At level 11, 'Improving posture by sitting and standing correctly' improves health by 55 points.

Level 12: At level 12, 'Improving posture by sitting and standing correctly' improves health by 60 points.

Level 13: At level 13, 'Improving posture by sitting and standing correctly' improves health by 65 points.

Level 14: At level 14, 'Improving posture by sitting and standing correctly' improves health by 70 points.

Level 15: At level 15, 'Improving posture by sitting and standing correctly' improves health by 75 points.

Card Name: Improving sleep by following a set bedtime

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Improving sleep by following a set bedtime' improves health by 5 points.

Level 2: At level 2, 'Improving sleep by following a set bedtime' improves health by 10 points.

Level 3: At level 3, 'Improving sleep by following a set bedtime' improves health by 15 points.

Level 4: At level 4, 'Improving sleep by following a set bedtime' improves health by 20 points.

Level 5: At level 5, 'Improving sleep by following a set bedtime' improves health by 25 points.

Level 6: At level 6, 'Improving sleep by following a set bedtime' improves health by 30 points.

Level 7: At level 7, 'Improving sleep by following a set bedtime' improves health by 35 points.

Level 8: At level 8, 'Improving sleep by following a set bedtime' improves health by 40 points.

Level 9: At level 9, 'Improving sleep by following a set bedtime' improves health by 45 points.

Level 10: At level 10, 'Improving sleep by following a set bedtime' improves health by 50 points.

Level 11: At level 11, 'Improving sleep by following a set bedtime' improves health by 55 points.

Level 12: At level 12, 'Improving sleep by following a set bedtime' improves health by 60 points.

Level 13: At level 13, 'Improving sleep by following a set bedtime' improves health by 65 points.

Level 14: At level 14, 'Improving sleep by following a set bedtime' improves health by 70 points.

Level 15: At level 15, 'Improving sleep by following a set bedtime' improves health by 75 points.

Card Name: Incorporating more fish into your diet for omega-3

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Incorporating more fish into your diet for omega-3' improves health by 5 points.

Level 2: At level 2, 'Incorporating more fish into your diet for omega-3' improves health by 10 points.

Level 3: At level 3, 'Incorporating more fish into your diet for omega-3' improves health by 15 points.

Level 4: At level 4, 'Incorporating more fish into your diet for omega-3' improves health by 20 points.

Level 5: At level 5, 'Incorporating more fish into your diet for omega-3' improves health by 25 points.

Level 6: At level 6, 'Incorporating more fish into your diet for omega-3' improves health by 30 points.

Level 7: At level 7, 'Incorporating more fish into your diet for omega-3' improves health by 35 points.

Level 8: At level 8, 'Incorporating more fish into your diet for omega-3' improves health by 40 points.

Level 9: At level 9, 'Incorporating more fish into your diet for omega-3' improves health by 45 points.

Level 10: At level 10, 'Incorporating more fish into your diet for omega-3' improves health by 50 points.

Level 11: At level 11, 'Incorporating more fish into your diet for omega-3' improves health by 55 points.

Level 12: At level 12, 'Incorporating more fish into your diet for omega-3' improves health by 60 points.

Level 13: At level 13, 'Incorporating more fish into your diet for omega-3' improves health by 65 points.

Level 14: At level 14, 'Incorporating more fish into your diet for omega-3' improves health by 70 points.

Level 15: At level 15, 'Incorporating more fish into your diet for omega-3' improves health by 75 points.

Card Name: Jogging on the spot while watching TV

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Jogging on the spot while watching TV' causes a bizarre effect that alters health by 45 points.

Card Name: Jumping before bed to 'improve sleep quality'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Jumping before bed to 'improve sleep quality'" causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Jumping before bed to 'improve sleep quality"' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Jumping before bed to 'improve sleep quality"' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Jumping before bed to 'improve sleep quality"' causes a bizarre effect that alters health by 45 points.

Card Name: Jumping rope in between meals to stay active

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Jumping rope in between meals to stay active' causes a bizarre effect that alters health by 45 points.

Card Name: Limiting alcohol consumption for liver health

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Limiting alcohol consumption for liver health' improves health by 5 points.

Level 2: At level 2, 'Limiting alcohol consumption for liver health' improves health by 10 points.

Level 3: At level 3, 'Limiting alcohol consumption for liver health' improves health by 15 points.

Level 4: At level 4, 'Limiting alcohol consumption for liver health' improves health by 20 points.

Level 5: At level 5, 'Limiting alcohol consumption for liver health' improves health by 25 points.

Level 6: At level 6, 'Limiting alcohol consumption for liver health' improves health by 30 points.

Level 7: At level 7, 'Limiting alcohol consumption for liver health' improves health by 35 points.

Level 8: At level 8, 'Limiting alcohol consumption for liver health' improves health by 40 points.

Level 9: At level 9, 'Limiting alcohol consumption for liver health' improves health by 45 points.

Level 10: At level 10, 'Limiting alcohol consumption for liver health' improves health by 50 points.

Level 11: At level 11, 'Limiting alcohol consumption for liver health' improves health by 55 points.

Level 12: At level 12, 'Limiting alcohol consumption for liver health' improves health by 60 points.

Level 13: At level 13, 'Limiting alcohol consumption for liver health' improves health by 65 points.

Level 14: At level 14, 'Limiting alcohol consumption for liver health' improves health by 70 points.

Level 15: At level 15, 'Limiting alcohol consumption for liver health' improves health by 75 points.

Card Name: Listening to calming music to relax

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Listening to calming music to relax' improves health by 5 points.

Level 2: At level 2, 'Listening to calming music to relax' improves health by 10 points.

Level 3: At level 3, 'Listening to calming music to relax' improves health by 15 points.

Level 4: At level 4, 'Listening to calming music to relax' improves health by 20 points.

Level 5: At level 5, 'Listening to calming music to relax' improves health by 25 points.

Level 6: At level 6, 'Listening to calming music to relax' improves health by 30 points.

Level 7: At level 7, 'Listening to calming music to relax' improves health by 35 points.

Level 8: At level 8, 'Listening to calming music to relax' improves health by 40 points.

Level 9: At level 9, 'Listening to calming music to relax' improves health by 45 points.

Level 10: At level 10, 'Listening to calming music to relax' improves health by 50 points.

Level 11: At level 11, 'Listening to calming music to relax' improves health by 55 points.

Level 12: At level 12, 'Listening to calming music to relax' improves health by 60 points.

Level 13: At level 13, 'Listening to calming music to relax' improves health by 65 points.

Level 14: At level 14, 'Listening to calming music to relax' improves health by 70 points.

Level 15: At level 15, 'Listening to calming music to relax' improves health by 75 points.

Card Name: Listening to whale sounds while working out

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Listening to whale sounds while working out' causes a bizarre effect that alters health by 45 points.

Card Name: Maintaining a regular meal schedule

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Maintaining a regular meal schedule' improves health by 5 points.

Level 2: At level 2, 'Maintaining a regular meal schedule' improves health by 10 points.

Level 3: At level 3, 'Maintaining a regular meal schedule' improves health by 15 points.

Level 4: At level 4, 'Maintaining a regular meal schedule' improves health by 20 points.

Level 5: At level 5, 'Maintaining a regular meal schedule' improves health by 25 points.

Level 6: At level 6, 'Maintaining a regular meal schedule' improves health by 30 points.

Level 7: At level 7, 'Maintaining a regular meal schedule' improves health by 35 points.

Level 8: At level 8, 'Maintaining a regular meal schedule' improves health by 40 points.

Level 9: At level 9, 'Maintaining a regular meal schedule' improves health by 45 points.

Level 10: At level 10, 'Maintaining a regular meal schedule' improves health by 50 points.

Level 11: At level 11, 'Maintaining a regular meal schedule' improves health by 55 points.

Level 12: At level 12, 'Maintaining a regular meal schedule' improves health by 60 points.

Level 13: At level 13, 'Maintaining a regular meal schedule' improves health by 65 points.

Level 14: At level 14, 'Maintaining a regular meal schedule' improves health by 70 points.

Level 15: At level 15, 'Maintaining a regular meal schedule' improves health by 75 points.

Card Name: Making time for hobbies to reduce stress

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Making time for hobbies to reduce stress' improves health by 5 points.

Level 2: At level 2, 'Making time for hobbies to reduce stress' improves health by 10 points.

Level 3: At level 3, 'Making time for hobbies to reduce stress' improves health by 15 points.

Level 4: At level 4, 'Making time for hobbies to reduce stress' improves health by 20 points.

Level 5: At level 5, 'Making time for hobbies to reduce stress' improves health by 25 points.

Level 6: At level 6, 'Making time for hobbies to reduce stress' improves health by 30 points.

Level 7: At level 7, 'Making time for hobbies to reduce stress' improves health by 35 points.

Level 8: At level 8, 'Making time for hobbies to reduce stress' improves health by 40 points.

Level 9: At level 9, 'Making time for hobbies to reduce stress' improves health by 45 points.

Level 10: At level 10, 'Making time for hobbies to reduce stress' improves health by 50 points.

Level 11: At level 11, 'Making time for hobbies to reduce stress' improves health by 55 points.

Level 12: At level 12, 'Making time for hobbies to reduce stress' improves health by 60 points.

Level 13: At level 13, 'Making time for hobbies to reduce stress' improves health by 65 points.

Level 14: At level 14, 'Making time for hobbies to reduce stress' improves health by 70 points.

Level 15: At level 15, 'Making time for hobbies to reduce stress' improves health by 75 points.

Card Name: Managing weight through portion control

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Managing weight through portion control' improves health by 5 points.

Level 2: At level 2, 'Managing weight through portion control' improves health by 10 points.

Level 3: At level 3, 'Managing weight through portion control' improves health by 15 points.

Level 4: At level 4, 'Managing weight through portion control' improves health by 20 points.

Level 5: At level 5, 'Managing weight through portion control' improves health by 25 points.

Level 6: At level 6, 'Managing weight through portion control' improves health by 30 points.

Level 7: At level 7, 'Managing weight through portion control' improves health by 35 points.

Level 8: At level 8, 'Managing weight through portion control' improves health by 40 points.

Level 9: At level 9, 'Managing weight through portion control' improves health by 45 points.

Level 10: At level 10, 'Managing weight through portion control' improves health by 50 points.

Level 11: At level 11, 'Managing weight through portion control' improves health by 55 points.

Level 12: At level 12, 'Managing weight through portion control' improves health by 60 points.

Level 13: At level 13, 'Managing weight through portion control' improves health by 65 points.

Level 14: At level 14, 'Managing weight through portion control' improves health by 70 points.

Level 15: At level 15, 'Managing weight through portion control' improves health by 75 points.

Card Name: Neglecting dental hygiene

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Neglecting dental hygiene' reduces health by 5 points.

Level 2: At level 2, 'Neglecting dental hygiene' reduces health by 10 points.

Level 3: At level 3, 'Neglecting dental hygiene' reduces health by 15 points.

Level 4: At level 4, 'Neglecting dental hygiene' reduces health by 20 points.

Level 5: At level 5, 'Neglecting dental hygiene' reduces health by 25 points.

Level 6: At level 6, 'Neglecting dental hygiene' reduces health by 30 points.

Level 7: At level 7, 'Neglecting dental hygiene' reduces health by 35 points.

Level 8: At level 8, 'Neglecting dental hygiene' reduces health by 40 points.

Level 9: At level 9, 'Neglecting dental hygiene' reduces health by 45 points.

Level 10: At level 10, 'Neglecting dental hygiene' reduces health by 50 points.

Level 11: At level 11, 'Neglecting dental hygiene' reduces health by 55 points.

Level 12: At level 12, 'Neglecting dental hygiene' reduces health by 60 points.

Level 13: At level 13, 'Neglecting dental hygiene' reduces health by 65 points.

Level 14: At level 14, 'Neglecting dental hygiene' reduces health by 70 points.

Level 15: At level 15, 'Neglecting dental hygiene' reduces health by 75 points.

Card Name: Neglecting foot care

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Neglecting foot care' reduces health by 5 points.

Level 2: At level 2, 'Neglecting foot care' reduces health by 10 points.

Level 3: At level 3, 'Neglecting foot care' reduces health by 15 points.

Level 4: At level 4, 'Neglecting foot care' reduces health by 20 points.

Level 5: At level 5, 'Neglecting foot care' reduces health by 25 points.

Level 6: At level 6, 'Neglecting foot care' reduces health by 30 points.

Level 7: At level 7, 'Neglecting foot care' reduces health by 35 points.

Level 8: At level 8, 'Neglecting foot care' reduces health by 40 points.

Level 9: At level 9, 'Neglecting foot care' reduces health by 45 points.

Level 10: At level 10, 'Neglecting foot care' reduces health by 50 points.

Level 11: At level 11, 'Neglecting foot care' reduces health by 55 points.

Level 12: At level 12, 'Neglecting foot care' reduces health by 60 points.

Level 13: At level 13, 'Neglecting foot care' reduces health by 65 points.

Level 14: At level 14, 'Neglecting foot care' reduces health by 70 points.

Level 15: At level 15, 'Neglecting foot care' reduces health by 75 points.

Card Name: Not addressing mental health concerns

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Not addressing mental health concerns' reduces health by 5 points.

Level 2: At level 2, 'Not addressing mental health concerns' reduces health by 10 points.

Level 3: At level 3, 'Not addressing mental health concerns' reduces health by 15 points.

Level 4: At level 4, 'Not addressing mental health concerns' reduces health by 20 points.

Level 5: At level 5, 'Not addressing mental health concerns' reduces health by 25 points.

Level 6: At level 6, 'Not addressing mental health concerns' reduces health by 30 points.

Level 7: At level 7, 'Not addressing mental health concerns' reduces health by 35 points.

Level 8: At level 8, 'Not addressing mental health concerns' reduces health by 40 points.

Level 9: At level 9, 'Not addressing mental health concerns' reduces health by 45 points.

Level 10: At level 10, 'Not addressing mental health concerns' reduces health by 50 points.

Level 11: At level 11, 'Not addressing mental health concerns' reduces health by 55 points.

Level 12: At level 12, 'Not addressing mental health concerns' reduces health by 60 points.

Level 13: At level 13, 'Not addressing mental health concerns' reduces health by 65 points.

Level 14: At level 14, 'Not addressing mental health concerns' reduces health by 70 points.

Level 15: At level 15, 'Not addressing mental health concerns' reduces health by 75 points.

Card Name: Not drinking enough water

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Not drinking enough water' reduces health by 5 points.

Level 2: At level 2, 'Not drinking enough water' reduces health by 10 points.

Level 3: At level 3, 'Not drinking enough water' reduces health by 15 points.

Level 4: At level 4, 'Not drinking enough water' reduces health by 20 points.

Level 5: At level 5, 'Not drinking enough water' reduces health by 25 points.

Level 6: At level 6, 'Not drinking enough water' reduces health by 30 points.

Level 7: At level 7, 'Not drinking enough water' reduces health by 35 points.

Level 8: At level 8, 'Not drinking enough water' reduces health by 40 points.

Level 9: At level 9, 'Not drinking enough water' reduces health by 45 points.

Level 10: At level 10, 'Not drinking enough water' reduces health by 50 points.

Level 11: At level 11, 'Not drinking enough water' reduces health by 55 points.

Level 12: At level 12, 'Not drinking enough water' reduces health by 60 points.

Level 13: At level 13, 'Not drinking enough water' reduces health by 65 points.

Level 14: At level 14, 'Not drinking enough water' reduces health by 70 points.

Level 15: At level 15, 'Not drinking enough water' reduces health by 75 points.

Card Name: Not flossing teeth regularly

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Not flossing teeth regularly' reduces health by 5 points.

Level 2: At level 2, 'Not flossing teeth regularly' reduces health by 10 points.

Level 3: At level 3, 'Not flossing teeth regularly' reduces health by 15 points.

Level 4: At level 4, 'Not flossing teeth regularly' reduces health by 20 points.

Level 5: At level 5, 'Not flossing teeth regularly' reduces health by 25 points.

Level 6: At level 6, 'Not flossing teeth regularly' reduces health by 30 points.

Level 7: At level 7, 'Not flossing teeth regularly' reduces health by 35 points.

Level 8: At level 8, 'Not flossing teeth regularly' reduces health by 40 points.

Level 9: At level 9, 'Not flossing teeth regularly' reduces health by 45 points.

Level 10: At level 10, 'Not flossing teeth regularly' reduces health by 50 points.

Level 11: At level 11, 'Not flossing teeth regularly' reduces health by 55 points.

Level 12: At level 12, 'Not flossing teeth regularly' reduces health by 60 points.

Level 13: At level 13, 'Not flossing teeth regularly' reduces health by 65 points.

Level 14: At level 14, 'Not flossing teeth regularly' reduces health by 70 points.

Level 15: At level 15, 'Not flossing teeth regularly' reduces health by 75 points.

Card Name: Not getting enough sleep

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Not getting enough sleep' reduces health by 5 points.

Level 2: At level 2, 'Not getting enough sleep' reduces health by 10 points.

Level 3: At level 3, 'Not getting enough sleep' reduces health by 15 points.

Level 4: At level 4, 'Not getting enough sleep' reduces health by 20 points.

Level 5: At level 5, 'Not getting enough sleep' reduces health by 25 points.

Level 6: At level 6, 'Not getting enough sleep' reduces health by 30 points.

Level 7: At level 7, 'Not getting enough sleep' reduces health by 35 points.

Level 8: At level 8, 'Not getting enough sleep' reduces health by 40 points.

Level 9: At level 9, 'Not getting enough sleep' reduces health by 45 points.

Level 10: At level 10, 'Not getting enough sleep' reduces health by 50 points.

Level 11: At level 11, 'Not getting enough sleep' reduces health by 55 points.

Level 12: At level 12, 'Not getting enough sleep' reduces health by 60 points.

Level 13: At level 13, 'Not getting enough sleep' reduces health by 65 points.

Level 14: At level 14, 'Not getting enough sleep' reduces health by 70 points.

Level 15: At level 15, 'Not getting enough sleep' reduces health by 75 points.

Card Name: Not using chairs to improve posture

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Not using chairs to improve posture' causes a bizarre effect that alters health by 45 points.

Card Name: Only breathing through one nostril for clarity

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Only breathing through one nostril for clarity' causes a bizarre effect that alters health by 45 points.

Card Name: Only drinking water when lying down

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Only drinking water when lying down' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Only drinking water when lying down' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Only drinking water when lying down' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Only drinking water when lying down' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Only drinking water when lying down' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Only drinking water when lying down' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Only drinking water when lying down' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Only drinking water when lying down' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Only drinking water when lying down' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Only drinking water when lying down' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Only drinking water when lying down' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Only drinking water when lying down' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Only drinking water when lying down' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Only drinking water when lying down' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Only drinking water when lying down' causes a bizarre effect that alters health by 45 points.

Card Name: Only eating food that begins with the letter 'P'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Only eating food that begins with the letter 'P'' causes a bizarre effect that alters health by 45 points.

Card Name: Over-relying on caffeine for energy

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Over-relying on caffeine for energy' reduces health by 5 points.

Level 2: At level 2, 'Over-relying on caffeine for energy' reduces health by 10 points.

Level 3: At level 3, 'Over-relying on caffeine for energy' reduces health by 15 points.

Level 4: At level 4, 'Over-relying on caffeine for energy' reduces health by 20 points.

Level 5: At level 5, 'Over-relying on caffeine for energy' reduces health by 25 points.

Level 6: At level 6, 'Over-relying on caffeine for energy' reduces health by 30 points.

Level 7: At level 7, 'Over-relying on caffeine for energy' reduces health by 35 points.

Level 8: At level 8, 'Over-relying on caffeine for energy' reduces health by 40 points.

Level 9: At level 9, 'Over-relying on caffeine for energy' reduces health by 45 points.

Level 10: At level 10, 'Over-relying on caffeine for energy' reduces health by 50 points.

Level 11: At level 11, 'Over-relying on caffeine for energy' reduces health by 55 points.

Level 12: At level 12, 'Over-relying on caffeine for energy' reduces health by 60 points.

Level 13: At level 13, 'Over-relying on caffeine for energy' reduces health by 65 points.

Level 14: At level 14, 'Over-relying on caffeine for energy' reduces health by 70 points.

Level 15: At level 15, 'Over-relying on caffeine for energy' reduces health by 75 points.

Card Name: Overeating fast food

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Overeating fast food' reduces health by 5 points.

Level 2: At level 2, 'Overeating fast food' reduces health by 10 points.

Level 3: At level 3, 'Overeating fast food' reduces health by 15 points.

Level 4: At level 4, 'Overeating fast food' reduces health by 20 points.

Level 5: At level 5, 'Overeating fast food' reduces health by 25 points.

Level 6: At level 6, 'Overeating fast food' reduces health by 30 points.

Level 7: At level 7, 'Overeating fast food' reduces health by 35 points.

Level 8: At level 8, 'Overeating fast food' reduces health by 40 points.

Level 9: At level 9, 'Overeating fast food' reduces health by 45 points.

Level 10: At level 10, 'Overeating fast food' reduces health by 50 points.

Level 11: At level 11, 'Overeating fast food' reduces health by 55 points.

Level 12: At level 12, 'Overeating fast food' reduces health by 60 points.

Level 13: At level 13, 'Overeating fast food' reduces health by 65 points.

Level 14: At level 14, 'Overeating fast food' reduces health by 70 points.

Level 15: At level 15, 'Overeating fast food' reduces health by 75 points.

Card Name: Overeating unhealthy fats

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Overeating unhealthy fats' reduces health by 5 points.

Level 2: At level 2, 'Overeating unhealthy fats' reduces health by 10 points.

Level 3: At level 3, 'Overeating unhealthy fats' reduces health by 15 points.

Level 4: At level 4, 'Overeating unhealthy fats' reduces health by 20 points.

Level 5: At level 5, 'Overeating unhealthy fats' reduces health by 25 points.

Level 6: At level 6, 'Overeating unhealthy fats' reduces health by 30 points.

Level 7: At level 7, 'Overeating unhealthy fats' reduces health by 35 points.

Level 8: At level 8, 'Overeating unhealthy fats' reduces health by 40 points.

Level 9: At level 9, 'Overeating unhealthy fats' reduces health by 45 points.

Level 10: At level 10, 'Overeating unhealthy fats' reduces health by 50 points.

Level 11: At level 11, 'Overeating unhealthy fats' reduces health by 55 points.

Level 12: At level 12, 'Overeating unhealthy fats' reduces health by 60 points.

Level 13: At level 13, 'Overeating unhealthy fats' reduces health by 65 points.

Level 14: At level 14, 'Overeating unhealthy fats' reduces health by 70 points.

Level 15: At level 15, 'Overeating unhealthy fats' reduces health by 75 points.

Card Name: Overindulging in unhealthy snacks

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Overindulging in unhealthy snacks' reduces health by 5 points.

Level 2: At level 2, 'Overindulging in unhealthy snacks' reduces health by 10 points.

Level 3: At level 3, 'Overindulging in unhealthy snacks' reduces health by 15 points.

Level 4: At level 4, 'Overindulging in unhealthy snacks' reduces health by 20 points.

Level 5: At level 5, 'Overindulging in unhealthy snacks' reduces health by 25 points.

Level 6: At level 6, 'Overindulging in unhealthy snacks' reduces health by 30 points.

Level 7: At level 7, 'Overindulging in unhealthy snacks' reduces health by 35 points.

Level 8: At level 8, 'Overindulging in unhealthy snacks' reduces health by 40 points.

Level 9: At level 9, 'Overindulging in unhealthy snacks' reduces health by 45 points.

Level 10: At level 10, 'Overindulging in unhealthy snacks' reduces health by 50 points.

Level 11: At level 11, 'Overindulging in unhealthy snacks' reduces health by 55 points.

Level 12: At level 12, 'Overindulging in unhealthy snacks' reduces health by 60 points.

Level 13: At level 13, 'Overindulging in unhealthy snacks' reduces health by 65 points.

Level 14: At level 14, 'Overindulging in unhealthy snacks' reduces health by 70 points.

Level 15: At level 15, 'Overindulging in unhealthy snacks' reduces health by 75 points.

Card Name: Overuse of pain medications

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Overuse of pain medications' reduces health by 5 points.

Level 2: At level 2, 'Overuse of pain medications' reduces health by 10 points.

Level 3: At level 3, 'Overuse of pain medications' reduces health by 15 points.

Level 4: At level 4, 'Overuse of pain medications' reduces health by 20 points.

Level 5: At level 5, 'Overuse of pain medications' reduces health by 25 points.

Level 6: At level 6, 'Overuse of pain medications' reduces health by 30 points.

Level 7: At level 7, 'Overuse of pain medications' reduces health by 35 points.

Level 8: At level 8, 'Overuse of pain medications' reduces health by 40 points.

Level 9: At level 9, 'Overuse of pain medications' reduces health by 45 points.

Level 10: At level 10, 'Overuse of pain medications' reduces health by 50 points.

Level 11: At level 11, 'Overuse of pain medications' reduces health by 55 points.

Level 12: At level 12, 'Overuse of pain medications' reduces health by 60 points.

Level 13: At level 13, 'Overuse of pain medications' reduces health by 65 points.

Level 14: At level 14, 'Overuse of pain medications' reduces health by 70 points.

Level 15: At level 15, 'Overuse of pain medications' reduces health by 75 points.

Card Name: Practicing good dental hygiene

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Practicing good dental hygiene' improves health by 5 points.

Level 2: At level 2, 'Practicing good dental hygiene' improves health by 10 points.

Level 3: At level 3, 'Practicing good dental hygiene' improves health by 15 points.

Level 4: At level 4, 'Practicing good dental hygiene' improves health by 20 points.

Level 5: At level 5, 'Practicing good dental hygiene' improves health by 25 points.

Level 6: At level 6, 'Practicing good dental hygiene' improves health by 30 points.

Level 7: At level 7, 'Practicing good dental hygiene' improves health by 35 points.

Level 8: At level 8, 'Practicing good dental hygiene' improves health by 40 points.

Level 9: At level 9, 'Practicing good dental hygiene' improves health by 45 points.

Level 10: At level 10, 'Practicing good dental hygiene' improves health by 50 points.

Level 11: At level 11, 'Practicing good dental hygiene' improves health by 55 points.

Level 12: At level 12, 'Practicing good dental hygiene' improves health by 60 points.

Level 13: At level 13, 'Practicing good dental hygiene' improves health by 65 points.

Level 14: At level 14, 'Practicing good dental hygiene' improves health by 70 points.

Level 15: At level 15, 'Practicing good dental hygiene' improves health by 75 points.

Card Name: Practicing gratitude to improve mental health

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Practicing gratitude to improve mental health' improves health by 5 points.

Level 2: At level 2, 'Practicing gratitude to improve mental health' improves health by 10 points.

Level 3: At level 3, 'Practicing gratitude to improve mental health' improves health by 15 points.

Level 4: At level 4, 'Practicing gratitude to improve mental health' improves health by 20 points.

Level 5: At level 5, 'Practicing gratitude to improve mental health' improves health by 25 points.

Level 6: At level 6, 'Practicing gratitude to improve mental health' improves health by 30 points.

Level 7: At level 7, 'Practicing gratitude to improve mental health' improves health by 35 points.

Level 8: At level 8, 'Practicing gratitude to improve mental health' improves health by 40 points.

Level 9: At level 9, 'Practicing gratitude to improve mental health' improves health by 45 points.

Level 10: At level 10, 'Practicing gratitude to improve mental health' improves health by 50 points.

Level 11: At level 11, 'Practicing gratitude to improve mental health' improves health by 55 points.

Level 12: At level 12, 'Practicing gratitude to improve mental health' improves health by 60 points.

Level 13: At level 13, 'Practicing gratitude to improve mental health' improves health by 65 points.

Level 14: At level 14, 'Practicing gratitude to improve mental health' improves health by 70 points.

Level 15: At level 15, 'Practicing gratitude to improve mental health' improves health by 75 points.

Card Name: Practicing intermittent fasting for better metabolism

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Practicing intermittent fasting for better metabolism' improves health by 5 points.

Level 2: At level 2, 'Practicing intermittent fasting for better metabolism' improves health by 10 points.

Level 3: At level 3, 'Practicing intermittent fasting for better metabolism' improves health by 15 points.

Level 4: At level 4, 'Practicing intermittent fasting for better metabolism' improves health by 20 points.

Level 5: At level 5, 'Practicing intermittent fasting for better metabolism' improves health by 25 points.

Level 6: At level 6, 'Practicing intermittent fasting for better metabolism' improves health by 30 points.

Level 7: At level 7, 'Practicing intermittent fasting for better metabolism' improves health by 35 points.

Level 8: At level 8, 'Practicing intermittent fasting for better metabolism' improves health by 40 points.

Level 9: At level 9, 'Practicing intermittent fasting for better metabolism' improves health by 45 points.

Level 10: At level 10, 'Practicing intermittent fasting for better metabolism' improves health by 50 points.

Level 11: At level 11, 'Practicing intermittent fasting for better metabolism' improves health by 55 points.

Level 12: At level 12, 'Practicing intermittent fasting for better metabolism' improves health by 60 points.

Level 13: At level 13, 'Practicing intermittent fasting for better metabolism' improves health by 65 points.

Level 14: At level 14, 'Practicing intermittent fasting for better metabolism' improves health by 70 points.

Level 15: At level 15, 'Practicing intermittent fasting for better metabolism' improves health by 75 points.

Card Name: Practicing mindfulness to reduce stress

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Practicing mindfulness to reduce stress' improves health by 5 points.

Level 2: At level 2, 'Practicing mindfulness to reduce stress' improves health by 10 points.

Level 3: At level 3, 'Practicing mindfulness to reduce stress' improves health by 15 points.

Level 4: At level 4, 'Practicing mindfulness to reduce stress' improves health by 20 points.

Level 5: At level 5, 'Practicing mindfulness to reduce stress' improves health by 25 points.

Level 6: At level 6, 'Practicing mindfulness to reduce stress' improves health by 30 points.

Level 7: At level 7, 'Practicing mindfulness to reduce stress' improves health by 35 points.

Level 8: At level 8, 'Practicing mindfulness to reduce stress' improves health by 40 points.

Level 9: At level 9, 'Practicing mindfulness to reduce stress' improves health by 45 points.

Level 10: At level 10, 'Practicing mindfulness to reduce stress' improves health by 50 points.

Level 11: At level 11, 'Practicing mindfulness to reduce stress' improves health by 55 points.

Level 12: At level 12, 'Practicing mindfulness to reduce stress' improves health by 60 points.

Level 13: At level 13, 'Practicing mindfulness to reduce stress' improves health by 65 points.

Level 14: At level 14, 'Practicing mindfulness to reduce stress' improves health by 70 points.

Level 15: At level 15, 'Practicing mindfulness to reduce stress' improves health by 75 points.

Card Name: Practicing yoga for mental and physical flexibility

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Practicing yoga for mental and physical flexibility' improves health by 5 points.

Level 2: At level 2, 'Practicing yoga for mental and physical flexibility' improves health by 10 points.

Level 3: At level 3, 'Practicing yoga for mental and physical flexibility' improves health by 15 points.

Level 4: At level 4, 'Practicing yoga for mental and physical flexibility' improves health by 20 points.

Level 5: At level 5, 'Practicing yoga for mental and physical flexibility' improves health by 25 points.

Level 6: At level 6, 'Practicing yoga for mental and physical flexibility' improves health by 30 points.

Level 7: At level 7, 'Practicing yoga for mental and physical flexibility' improves health by 35 points.

Level 8: At level 8, 'Practicing yoga for mental and physical flexibility' improves health by 40 points.

Level 9: At level 9, 'Practicing yoga for mental and physical flexibility' improves health by 45 points.

Level 10: At level 10, 'Practicing yoga for mental and physical flexibility' improves health by 50 points.

Level 11: At level 11, 'Practicing yoga for mental and physical flexibility' improves health by 55 points.

Level 12: At level 12, 'Practicing yoga for mental and physical flexibility' improves health by 60 points.

Level 13: At level 13, 'Practicing yoga for mental and physical flexibility' improves health by 65 points.

Level 14: At level 14, 'Practicing yoga for mental and physical flexibility' improves health by 70 points.

Level 15: At level 15, 'Practicing yoga for mental and physical flexibility' improves health by 75 points.

Card Name: Reducing screen time before bed for better sleep

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Reducing screen time before bed for better sleep' improves health by 5 points.

Level 2: At level 2, 'Reducing screen time before bed for better sleep' improves health by 10 points.

Level 3: At level 3, 'Reducing screen time before bed for better sleep' improves health by 15 points.

Level 4: At level 4, 'Reducing screen time before bed for better sleep' improves health by 20 points.

Level 5: At level 5, 'Reducing screen time before bed for better sleep' improves health by 25 points.

Level 6: At level 6, 'Reducing screen time before bed for better sleep' improves health by 30 points.

Level 7: At level 7, 'Reducing screen time before bed for better sleep' improves health by 35 points.

Level 8: At level 8, 'Reducing screen time before bed for better sleep' improves health by 40 points.

Level 9: At level 9, 'Reducing screen time before bed for better sleep' improves health by 45 points.

Level 10: At level 10, 'Reducing screen time before bed for better sleep' improves health by 50 points.

Level 11: At level 11, 'Reducing screen time before bed for better sleep' improves health by 55 points.

Level 12: At level 12, 'Reducing screen time before bed for better sleep' improves health by 60 points.

Level 13: At level 13, 'Reducing screen time before bed for better sleep' improves health by 65 points.

Level 14: At level 14, 'Reducing screen time before bed for better sleep' improves health by 70 points.

Level 15: At level 15, 'Reducing screen time before bed for better sleep' improves health by 75 points.

Card Name: Reducing sugar intake for better metabolism

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Reducing sugar intake for better metabolism' improves health by 5 points.

Level 2: At level 2, 'Reducing sugar intake for better metabolism' improves health by 10 points.

Level 3: At level 3, 'Reducing sugar intake for better metabolism' improves health by 15 points.

Level 4: At level 4, 'Reducing sugar intake for better metabolism' improves health by 20 points.

Level 5: At level 5, 'Reducing sugar intake for better metabolism' improves health by 25 points.

Level 6: At level 6, 'Reducing sugar intake for better metabolism' improves health by 30 points.

Level 7: At level 7, 'Reducing sugar intake for better metabolism' improves health by 35 points.

Level 8: At level 8, 'Reducing sugar intake for better metabolism' improves health by 40 points.

Level 9: At level 9, 'Reducing sugar intake for better metabolism' improves health by 45 points.

Level 10: At level 10, 'Reducing sugar intake for better metabolism' improves health by 50 points.

Level 11: At level 11, 'Reducing sugar intake for better metabolism' improves health by 55 points.

Level 12: At level 12, 'Reducing sugar intake for better metabolism' improves health by 60 points.

Level 13: At level 13, 'Reducing sugar intake for better metabolism' improves health by 65 points.

Level 14: At level 14, 'Reducing sugar intake for better metabolism' improves health by 70 points.

Level 15: At level 15, 'Reducing sugar intake for better metabolism' improves health by 75 points.

Card Name: Relying on fast food for meals

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Relying on fast food for meals' reduces health by 5 points.

Level 2: At level 2, 'Relying on fast food for meals' reduces health by 10 points.

Level 3: At level 3, 'Relying on fast food for meals' reduces health by 15 points.

Level 4: At level 4, 'Relying on fast food for meals' reduces health by 20 points.

Level 5: At level 5, 'Relying on fast food for meals' reduces health by 25 points.

Level 6: At level 6, 'Relying on fast food for meals' reduces health by 30 points.

Level 7: At level 7, 'Relying on fast food for meals' reduces health by 35 points.

Level 8: At level 8, 'Relying on fast food for meals' reduces health by 40 points.

Level 9: At level 9, 'Relying on fast food for meals' reduces health by 45 points.

Level 10: At level 10, 'Relying on fast food for meals' reduces health by 50 points.

Level 11: At level 11, 'Relying on fast food for meals' reduces health by 55 points.

Level 12: At level 12, 'Relying on fast food for meals' reduces health by 60 points.

Level 13: At level 13, 'Relying on fast food for meals' reduces health by 65 points.

Level 14: At level 14, 'Relying on fast food for meals' reduces health by 70 points.

Level 15: At level 15, 'Relying on fast food for meals' reduces health by 75 points.

Card Name: Replacing chairs with exercise balls for balance

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Replacing chairs with exercise balls for balance' causes a bizarre effect that alters health by 45 points.

Card Name: Replacing processed foods with fresh produce

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Replacing processed foods with fresh produce' improves health by 5 points.

Level 2: At level 2, 'Replacing processed foods with fresh produce' improves health by 10 points.

Level 3: At level 3, 'Replacing processed foods with fresh produce' improves health by 15 points.

Level 4: At level 4, 'Replacing processed foods with fresh produce' improves health by 20 points.

Level 5: At level 5, 'Replacing processed foods with fresh produce' improves health by 25 points.

Level 6: At level 6, 'Replacing processed foods with fresh produce' improves health by 30 points.

Level 7: At level 7, 'Replacing processed foods with fresh produce' improves health by 35 points.

Level 8: At level 8, 'Replacing processed foods with fresh produce' improves health by 40 points.

Level 9: At level 9, 'Replacing processed foods with fresh produce' improves health by 45 points.

Level 10: At level 10, 'Replacing processed foods with fresh produce' improves health by 50 points.

Level 11: At level 11, 'Replacing processed foods with fresh produce' improves health by 55 points.

Level 12: At level 12, 'Replacing processed foods with fresh produce' improves health by 60 points.

Level 13: At level 13, 'Replacing processed foods with fresh produce' improves health by 65 points.

Level 14: At level 14, 'Replacing processed foods with fresh produce' improves health by 70 points.

Level 15: At level 15, 'Replacing processed foods with fresh produce' improves health by 75 points.

Card Name: Replacing sugary snacks with fruits and nuts

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Replacing sugary snacks with fruits and nuts' improves health by 5 points.

Level 2: At level 2, 'Replacing sugary snacks with fruits and nuts' improves health by 10 points.

Level 3: At level 3, 'Replacing sugary snacks with fruits and nuts' improves health by 15 points.

Level 4: At level 4, 'Replacing sugary snacks with fruits and nuts' improves health by 20 points.

Level 5: At level 5, 'Replacing sugary snacks with fruits and nuts' improves health by 25 points.

Level 6: At level 6, 'Replacing sugary snacks with fruits and nuts' improves health by 30 points.

Level 7: At level 7, 'Replacing sugary snacks with fruits and nuts' improves health by 35 points.

Level 8: At level 8, 'Replacing sugary snacks with fruits and nuts' improves health by 40 points.

Level 9: At level 9, 'Replacing sugary snacks with fruits and nuts' improves health by 45 points.

Level 10: At level 10, 'Replacing sugary snacks with fruits and nuts' improves health by 50 points.

Level 11: At level 11, 'Replacing sugary snacks with fruits and nuts' improves health by 55 points.

Level 12: At level 12, 'Replacing sugary snacks with fruits and nuts' improves health by 60 points.

Level 13: At level 13, 'Replacing sugary snacks with fruits and nuts' improves health by 65 points.

Level 14: At level 14, 'Replacing sugary snacks with fruits and nuts' improves health by 70 points.

Level 15: At level 15, 'Replacing sugary snacks with fruits and nuts' improves health by 75 points.

Card Name: Running in place while brushing teeth

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Running in place while brushing teeth' causes a bizarre effect that alters health by 45 points.

Card Name: Running up and down stairs after meals

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Running up and down stairs after meals' causes a bizarre effect that alters health by 45 points.

Card Name: Running while talking on the phone

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Running while talking on the phone' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Running while talking on the phone' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Running while talking on the phone' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Running while talking on the phone' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Running while talking on the phone' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Running while talking on the phone' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Running while talking on the phone' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Running while talking on the phone' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Running while talking on the phone' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Running while talking on the phone' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Running while talking on the phone' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Running while talking on the phone' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Running while talking on the phone' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Running while talking on the phone' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Running while talking on the phone' causes a bizarre effect that alters health by 45 points.

Card Name: Setting fitness goals and tracking progress

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Setting fitness goals and tracking progress' improves health by 5 points.

Level 2: At level 2, 'Setting fitness goals and tracking progress' improves health by 10 points.

Level 3: At level 3, 'Setting fitness goals and tracking progress' improves health by 15 points.

Level 4: At level 4, 'Setting fitness goals and tracking progress' improves health by 20 points.

Level 5: At level 5, 'Setting fitness goals and tracking progress' improves health by 25 points.

Level 6: At level 6, 'Setting fitness goals and tracking progress' improves health by 30 points.

Level 7: At level 7, 'Setting fitness goals and tracking progress' improves health by 35 points.

Level 8: At level 8, 'Setting fitness goals and tracking progress' improves health by 40 points.

Level 9: At level 9, 'Setting fitness goals and tracking progress' improves health by 45 points.

Level 10: At level 10, 'Setting fitness goals and tracking progress' improves health by 50 points.

Level 11: At level 11, 'Setting fitness goals and tracking progress' improves health by 55 points.

Level 12: At level 12, 'Setting fitness goals and tracking progress' improves health by 60 points.

Level 13: At level 13, 'Setting fitness goals and tracking progress' improves health by 65 points.

Level 14: At level 14, 'Setting fitness goals and tracking progress' improves health by 70 points.

Level 15: At level 15, 'Setting fitness goals and tracking progress' improves health by 75 points.

Card Name: Singing to your plants for better growth

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Singing to your plants for better growth' causes a bizarre effect that alters health by 45 points.

Card Name: Sitting for long periods without standing

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Sitting for long periods without standing' reduces health by 5 points.

Level 2: At level 2, 'Sitting for long periods without standing' reduces health by 10 points.

Level 3: At level 3, 'Sitting for long periods without standing' reduces health by 15 points.

Level 4: At level 4, 'Sitting for long periods without standing' reduces health by 20 points.

Level 5: At level 5, 'Sitting for long periods without standing' reduces health by 25 points.

Level 6: At level 6, 'Sitting for long periods without standing' reduces health by 30 points.

Level 7: At level 7, 'Sitting for long periods without standing' reduces health by 35 points.

Level 8: At level 8, 'Sitting for long periods without standing' reduces health by 40 points.

Level 9: At level 9, 'Sitting for long periods without standing' reduces health by 45 points.

Level 10: At level 10, 'Sitting for long periods without standing' reduces health by 50 points.

Level 11: At level 11, 'Sitting for long periods without standing' reduces health by 55 points.

Level 12: At level 12, 'Sitting for long periods without standing' reduces health by 60 points.

Level 13: At level 13, 'Sitting for long periods without standing' reduces health by 65 points.

Level 14: At level 14, 'Sitting for long periods without standing' reduces health by 70 points.

Level 15: At level 15, 'Sitting for long periods without standing' reduces health by 75 points.

Card Name: Sitting only on exercise balls to improve posture

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Sitting only on exercise balls to improve posture' causes a bizarre effect that alters health by 45 points.

Card Name: Skipping breakfast frequently

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Skipping breakfast frequently' reduces health by 5 points.

Level 2: At level 2, 'Skipping breakfast frequently' reduces health by 10 points.

Level 3: At level 3, 'Skipping breakfast frequently' reduces health by 15 points.

Level 4: At level 4, 'Skipping breakfast frequently' reduces health by 20 points.

Level 5: At level 5, 'Skipping breakfast frequently' reduces health by 25 points.

Level 6: At level 6, 'Skipping breakfast frequently' reduces health by 30 points.

Level 7: At level 7, 'Skipping breakfast frequently' reduces health by 35 points.

Level 8: At level 8, 'Skipping breakfast frequently' reduces health by 40 points.

Level 9: At level 9, 'Skipping breakfast frequently' reduces health by 45 points.

Level 10: At level 10, 'Skipping breakfast frequently' reduces health by 50 points.

Level 11: At level 11, 'Skipping breakfast frequently' reduces health by 55 points.

Level 12: At level 12, 'Skipping breakfast frequently' reduces health by 60 points.

Level 13: At level 13, 'Skipping breakfast frequently' reduces health by 65 points.

Level 14: At level 14, 'Skipping breakfast frequently' reduces health by 70 points.

Level 15: At level 15, 'Skipping breakfast frequently' reduces health by 75 points.

Card Name: Skipping every third meal to 'reset digestion'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Skipping every third meal to 'reset digestion' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Skipping every third meal to 'reset digestion' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Skipping every third meal to 'reset digestion' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Skipping every third meal to 'reset digestion' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Skipping every third meal to 'reset digestion" causes a bizarre effect that alters health by 45 points.

Card Name: Skipping hydration breaks during workouts

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Skipping hydration breaks during workouts' reduces health by 5 points.

Level 2: At level 2, 'Skipping hydration breaks during workouts' reduces health by 10 points.

Level 3: At level 3, 'Skipping hydration breaks during workouts' reduces health by 15 points.

Level 4: At level 4, 'Skipping hydration breaks during workouts' reduces health by 20 points.

Level 5: At level 5, 'Skipping hydration breaks during workouts' reduces health by 25 points.

Level 6: At level 6, 'Skipping hydration breaks during workouts' reduces health by 30 points.

Level 7: At level 7, 'Skipping hydration breaks during workouts' reduces health by 35 points.

Level 8: At level 8, 'Skipping hydration breaks during workouts' reduces health by 40 points.

Level 9: At level 9, 'Skipping hydration breaks during workouts' reduces health by 45 points.

Level 10: At level 10, 'Skipping hydration breaks during workouts' reduces health by 50 points.

Level 11: At level 11, 'Skipping hydration breaks during workouts' reduces health by 55 points.

Level 12: At level 12, 'Skipping hydration breaks during workouts' reduces health by 60 points.

Level 13: At level 13, 'Skipping hydration breaks during workouts' reduces health by 65 points.

Level 14: At level 14, 'Skipping hydration breaks during workouts' reduces health by 70 points.

Level 15: At level 15, 'Skipping hydration breaks during workouts' reduces health by 75 points.

Card Name: Skipping meals frequently

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Skipping meals frequently' reduces health by 5 points.

Level 2: At level 2, 'Skipping meals frequently' reduces health by 10 points.

Level 3: At level 3, 'Skipping meals frequently' reduces health by 15 points.

Level 4: At level 4, 'Skipping meals frequently' reduces health by 20 points.

Level 5: At level 5, 'Skipping meals frequently' reduces health by 25 points.

Level 6: At level 6, 'Skipping meals frequently' reduces health by 30 points.

Level 7: At level 7, 'Skipping meals frequently' reduces health by 35 points.

Level 8: At level 8, 'Skipping meals frequently' reduces health by 40 points.

Level 9: At level 9, 'Skipping meals frequently' reduces health by 45 points.

Level 10: At level 10, 'Skipping meals frequently' reduces health by 50 points.

Level 11: At level 11, 'Skipping meals frequently' reduces health by 55 points.

Level 12: At level 12, 'Skipping meals frequently' reduces health by 60 points.

Level 13: At level 13, 'Skipping meals frequently' reduces health by 65 points.

Level 14: At level 14, 'Skipping meals frequently' reduces health by 70 points.

Level 15: At level 15, 'Skipping meals frequently' reduces health by 75 points.

Card Name: Skipping regular exercise

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Skipping regular exercise' reduces health by 5 points.

Level 2: At level 2, 'Skipping regular exercise' reduces health by 10 points.

Level 3: At level 3, 'Skipping regular exercise' reduces health by 15 points.

Level 4: At level 4, 'Skipping regular exercise' reduces health by 20 points.

Level 5: At level 5, 'Skipping regular exercise' reduces health by 25 points.

Level 6: At level 6, 'Skipping regular exercise' reduces health by 30 points.

Level 7: At level 7, 'Skipping regular exercise' reduces health by 35 points.

Level 8: At level 8, 'Skipping regular exercise' reduces health by 40 points.

Level 9: At level 9, 'Skipping regular exercise' reduces health by 45 points.

Level 10: At level 10, 'Skipping regular exercise' reduces health by 50 points.

Level 11: At level 11, 'Skipping regular exercise' reduces health by 55 points.

Level 12: At level 12, 'Skipping regular exercise' reduces health by 60 points.

Level 13: At level 13, 'Skipping regular exercise' reduces health by 65 points.

Level 14: At level 14, 'Skipping regular exercise' reduces health by 70 points.

Level 15: At level 15, 'Skipping regular exercise' reduces health by 75 points.

Card Name: Skipping regular health checkups

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Skipping regular health checkups' reduces health by 5 points.

Level 2: At level 2, 'Skipping regular health checkups' reduces health by 10 points.

Level 3: At level 3, 'Skipping regular health checkups' reduces health by 15 points.

Level 4: At level 4, 'Skipping regular health checkups' reduces health by 20 points.

Level 5: At level 5, 'Skipping regular health checkups' reduces health by 25 points.

Level 6: At level 6, 'Skipping regular health checkups' reduces health by 30 points.

Level 7: At level 7, 'Skipping regular health checkups' reduces health by 35 points.

Level 8: At level 8, 'Skipping regular health checkups' reduces health by 40 points.

Level 9: At level 9, 'Skipping regular health checkups' reduces health by 45 points.

Level 10: At level 10, 'Skipping regular health checkups' reduces health by 50 points.

Level 11: At level 11, 'Skipping regular health checkups' reduces health by 55 points.

Level 12: At level 12, 'Skipping regular health checkups' reduces health by 60 points.

Level 13: At level 13, 'Skipping regular health checkups' reduces health by 65 points.

Level 14: At level 14, 'Skipping regular health checkups' reduces health by 70 points.

Level 15: At level 15, 'Skipping regular health checkups' reduces health by 75 points.

Card Name: Skipping sunscreen

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Skipping sunscreen' reduces health by 5 points.

Level 2: At level 2, 'Skipping sunscreen' reduces health by 10 points.

Level 3: At level 3, 'Skipping sunscreen' reduces health by 15 points.

Level 4: At level 4, 'Skipping sunscreen' reduces health by 20 points.

Level 5: At level 5, 'Skipping sunscreen' reduces health by 25 points.

Level 6: At level 6, 'Skipping sunscreen' reduces health by 30 points.

Level 7: At level 7, 'Skipping sunscreen' reduces health by 35 points.

Level 8: At level 8, 'Skipping sunscreen' reduces health by 40 points.

Level 9: At level 9, 'Skipping sunscreen' reduces health by 45 points.

Level 10: At level 10, 'Skipping sunscreen' reduces health by 50 points.

Level 11: At level 11, 'Skipping sunscreen' reduces health by 55 points.

Level 12: At level 12, 'Skipping sunscreen' reduces health by 60 points.

Level 13: At level 13, 'Skipping sunscreen' reduces health by 65 points.

Level 14: At level 14, 'Skipping sunscreen' reduces health by 70 points.

Level 15: At level 15, 'Skipping sunscreen' reduces health by 75 points.

Card Name: Skipping vaccinations

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Skipping vaccinations' reduces health by 5 points.

Level 2: At level 2, 'Skipping vaccinations' reduces health by 10 points.

Level 3: At level 3, 'Skipping vaccinations' reduces health by 15 points.

Level 4: At level 4, 'Skipping vaccinations' reduces health by 20 points.

Level 5: At level 5, 'Skipping vaccinations' reduces health by 25 points.

Level 6: At level 6, 'Skipping vaccinations' reduces health by 30 points.

Level 7: At level 7, 'Skipping vaccinations' reduces health by 35 points.

Level 8: At level 8, 'Skipping vaccinations' reduces health by 40 points.

Level 9: At level 9, 'Skipping vaccinations' reduces health by 45 points.

Level 10: At level 10, 'Skipping vaccinations' reduces health by 50 points.

Level 11: At level 11, 'Skipping vaccinations' reduces health by 55 points.

Level 12: At level 12, 'Skipping vaccinations' reduces health by 60 points.

Level 13: At level 13, 'Skipping vaccinations' reduces health by 65 points.

Level 14: At level 14, 'Skipping vaccinations' reduces health by 70 points.

Level 15: At level 15, 'Skipping vaccinations' reduces health by 75 points.

Card Name: Sleeping with sunglasses on

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Sleeping with sunglasses on' causes a bizarre effect that alters health by 45 points.

Card Name: Sleeping with the lights on to avoid 'nightmares'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Sleeping with the lights on to avoid 'nightmares'" causes a bizarre effect that alters health by 45 points.

Card Name: Spending time outdoors to boost vitamin D levels

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Spending time outdoors to boost vitamin D levels' improves health by 5 points.

Level 2: At level 2, 'Spending time outdoors to boost vitamin D levels' improves health by 10 points.

Level 3: At level 3, 'Spending time outdoors to boost vitamin D levels' improves health by 15 points.

Level 4: At level 4, 'Spending time outdoors to boost vitamin D levels' improves health by 20 points.

Level 5: At level 5, 'Spending time outdoors to boost vitamin D levels' improves health by 25 points.

Level 6: At level 6, 'Spending time outdoors to boost vitamin D levels' improves health by 30 points.

Level 7: At level 7, 'Spending time outdoors to boost vitamin D levels' improves health by 35 points.

Level 8: At level 8, 'Spending time outdoors to boost vitamin D levels' improves health by 40 points.

Level 9: At level 9, 'Spending time outdoors to boost vitamin D levels' improves health by 45 points.

Level 10: At level 10, 'Spending time outdoors to boost vitamin D levels' improves health by 50 points.

Level 11: At level 11, 'Spending time outdoors to boost vitamin D levels' improves health by 55 points.

Level 12: At level 12, 'Spending time outdoors to boost vitamin D levels' improves health by 60 points.

Level 13: At level 13, 'Spending time outdoors to boost vitamin D levels' improves health by 65 points.

Level 14: At level 14, 'Spending time outdoors to boost vitamin D levels' improves health by 70 points.

Level 15: At level 15, 'Spending time outdoors to boost vitamin D levels' improves health by 75 points.

Card Name: Spending too much time on screens

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Spending too much time on screens' reduces health by 5 points.

Level 2: At level 2, 'Spending too much time on screens' reduces health by 10 points.

Level 3: At level 3, 'Spending too much time on screens' reduces health by 15 points.

Level 4: At level 4, 'Spending too much time on screens' reduces health by 20 points.

Level 5: At level 5, 'Spending too much time on screens' reduces health by 25 points.

Level 6: At level 6, 'Spending too much time on screens' reduces health by 30 points.

Level 7: At level 7, 'Spending too much time on screens' reduces health by 35 points.

Level 8: At level 8, 'Spending too much time on screens' reduces health by 40 points.

Level 9: At level 9, 'Spending too much time on screens' reduces health by 45 points.

Level 10: At level 10, 'Spending too much time on screens' reduces health by 50 points.

Level 11: At level 11, 'Spending too much time on screens' reduces health by 55 points.

Level 12: At level 12, 'Spending too much time on screens' reduces health by 60 points.

Level 13: At level 13, 'Spending too much time on screens' reduces health by 65 points.

Level 14: At level 14, 'Spending too much time on screens' reduces health by 70 points.

Level 15: At level 15, 'Spending too much time on screens' reduces health by 75 points.

Card Name: Staying up late regularly

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Staying up late regularly' reduces health by 5 points.

Level 2: At level 2, 'Staying up late regularly' reduces health by 10 points.

Level 3: At level 3, 'Staying up late regularly' reduces health by 15 points.

Level 4: At level 4, 'Staying up late regularly' reduces health by 20 points.

Level 5: At level 5, 'Staying up late regularly' reduces health by 25 points.

Level 6: At level 6, 'Staying up late regularly' reduces health by 30 points.

Level 7: At level 7, 'Staying up late regularly' reduces health by 35 points.

Level 8: At level 8, 'Staying up late regularly' reduces health by 40 points.

Level 9: At level 9, 'Staying up late regularly' reduces health by 45 points.

Level 10: At level 10, 'Staying up late regularly' reduces health by 50 points.

Level 11: At level 11, 'Staying up late regularly' reduces health by 55 points.

Level 12: At level 12, 'Staying up late regularly' reduces health by 60 points.

Level 13: At level 13, 'Staying up late regularly' reduces health by 65 points.

Level 14: At level 14, 'Staying up late regularly' reduces health by 70 points.

Level 15: At level 15, 'Staying up late regularly' reduces health by 75 points.

Card Name: Strength training to build muscle

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Strength training to build muscle' improves health by 5 points.

Level 2: At level 2, 'Strength training to build muscle' improves health by 10 points.

Level 3: At level 3, 'Strength training to build muscle' improves health by 15 points.

Level 4: At level 4, 'Strength training to build muscle' improves health by 20 points.

Level 5: At level 5, 'Strength training to build muscle' improves health by 25 points.

Level 6: At level 6, 'Strength training to build muscle' improves health by 30 points.

Level 7: At level 7, 'Strength training to build muscle' improves health by 35 points.

Level 8: At level 8, 'Strength training to build muscle' improves health by 40 points.

Level 9: At level 9, 'Strength training to build muscle' improves health by 45 points.

Level 10: At level 10, 'Strength training to build muscle' improves health by 50 points.

Level 11: At level 11, 'Strength training to build muscle' improves health by 55 points.

Level 12: At level 12, 'Strength training to build muscle' improves health by 60 points.

Level 13: At level 13, 'Strength training to build muscle' improves health by 65 points.

Level 14: At level 14, 'Strength training to build muscle' improves health by 70 points.

Level 15: At level 15, 'Strength training to build muscle' improves health by 75 points.

Card Name: Stretching before and after workouts to prevent injury

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Stretching before and after workouts to prevent injury' improves health by 5 points.

Level 2: At level 2, 'Stretching before and after workouts to prevent injury' improves health by 10 points.

Level 3: At level 3, 'Stretching before and after workouts to prevent injury' improves health by 15 points.

Level 4: At level 4, 'Stretching before and after workouts to prevent injury' improves health by 20 points.

Level 5: At level 5, 'Stretching before and after workouts to prevent injury' improves health by 25 points.

Level 6: At level 6, 'Stretching before and after workouts to prevent injury' improves health by 30 points.

Level 7: At level 7, 'Stretching before and after workouts to prevent injury' improves health by 35 points.

Level 8: At level 8, 'Stretching before and after workouts to prevent injury' improves health by 40 points.

Level 9: At level 9, 'Stretching before and after workouts to prevent injury' improves health by 45 points.

Level 10: At level 10, 'Stretching before and after workouts to prevent injury' improves health by 50 points.

Level 11: At level 11, 'Stretching before and after workouts to prevent injury' improves health by 55 points.

Level 12: At level 12, 'Stretching before and after workouts to prevent injury' improves health by 60 points.

Level 13: At level 13, 'Stretching before and after workouts to prevent injury' improves health by 65 points.

Level 14: At level 14, 'Stretching before and after workouts to prevent injury' improves health by 70 points.

Level 15: At level 15, 'Stretching before and after workouts to prevent injury' improves health by 75 points.

Card Name: Switching to whole grain options for more fiber

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Switching to whole grain options for more fiber' improves health by 5 points.

Level 2: At level 2, 'Switching to whole grain options for more fiber' improves health by 10 points.

Level 3: At level 3, 'Switching to whole grain options for more fiber' improves health by 15 points.

Level 4: At level 4, 'Switching to whole grain options for more fiber' improves health by 20 points.

Level 5: At level 5, 'Switching to whole grain options for more fiber' improves health by 25 points.

Level 6: At level 6, 'Switching to whole grain options for more fiber' improves health by 30 points.

Level 7: At level 7, 'Switching to whole grain options for more fiber' improves health by 35 points.

Level 8: At level 8, 'Switching to whole grain options for more fiber' improves health by 40 points.

Level 9: At level 9, 'Switching to whole grain options for more fiber' improves health by 45 points.

Level 10: At level 10, 'Switching to whole grain options for more fiber' improves health by 50 points.

Level 11: At level 11, 'Switching to whole grain options for more fiber' improves health by 55 points.

Level 12: At level 12, 'Switching to whole grain options for more fiber' improves health by 60 points.

Level 13: At level 13, 'Switching to whole grain options for more fiber' improves health by 65 points.

Level 14: At level 14, 'Switching to whole grain options for more fiber' improves health by 70 points.

Level 15: At level 15, 'Switching to whole grain options for more fiber' improves health by 75 points.

Card Name: Taking a break every hour to sing

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Taking a break every hour to sing' causes a bizarre effect that alters health by 45 points.

Card Name: Taking breaks from screens to prevent eye strain

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Taking breaks from screens to prevent eye strain' improves health by 5 points.

Level 2: At level 2, 'Taking breaks from screens to prevent eye strain' improves health by 10 points.

Level 3: At level 3, 'Taking breaks from screens to prevent eye strain' improves health by 15 points.

Level 4: At level 4, 'Taking breaks from screens to prevent eye strain' improves health by 20 points.

Level 5: At level 5, 'Taking breaks from screens to prevent eye strain' improves health by 25 points.

Level 6: At level 6, 'Taking breaks from screens to prevent eye strain' improves health by 30 points.

Level 7: At level 7, 'Taking breaks from screens to prevent eye strain' improves health by 35 points.

Level 8: At level 8, 'Taking breaks from screens to prevent eye strain' improves health by 40 points.

Level 9: At level 9, 'Taking breaks from screens to prevent eye strain' improves health by 45 points.

Level 10: At level 10, 'Taking breaks from screens to prevent eye strain' improves health by 50 points.

Level 11: At level 11, 'Taking breaks from screens to prevent eye strain' improves health by 55 points.

Level 12: At level 12, 'Taking breaks from screens to prevent eye strain' improves health by 60 points.

Level 13: At level 13, 'Taking breaks from screens to prevent eye strain' improves health by 65 points.

Level 14: At level 14, 'Taking breaks from screens to prevent eye strain' improves health by 70 points.

Level 15: At level 15, 'Taking breaks from screens to prevent eye strain' improves health by 75 points.

Card Name: Taking cold showers to 'boost brainpower'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, "Taking cold showers to 'boost brainpower'" causes a bizarre effect that alters health by 45 points.

Card Name: Taking deep breaths to calm the nervous system

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, "Taking deep breaths to calm the nervous system" improves health by 5 points.

Level 2: At level 2, 'Taking deep breaths to calm the nervous system' improves health by 10 points.

Level 3: At level 3, 'Taking deep breaths to calm the nervous system' improves health by 15 points.

Level 4: At level 4, 'Taking deep breaths to calm the nervous system' improves health by 20 points.

Level 5: At level 5, 'Taking deep breaths to calm the nervous system' improves health by 25 points.

Level 6: At level 6, 'Taking deep breaths to calm the nervous system' improves health by 30 points.

Level 7: At level 7, 'Taking deep breaths to calm the nervous system' improves health by 35 points.

Level 8: At level 8, 'Taking deep breaths to calm the nervous system' improves health by 40 points.

Level 9: At level 9, 'Taking deep breaths to calm the nervous system' improves health by 45 points.

Level 10: At level 10, 'Taking deep breaths to calm the nervous system' improves health by 50 points.

Level 11: At level 11, 'Taking deep breaths to calm the nervous system' improves health by 55 points.

Level 12: At level 12, 'Taking deep breaths to calm the nervous system' improves health by 60 points.

Level 13: At level 13, 'Taking deep breaths to calm the nervous system' improves health by 65 points.

Level 14: At level 14, 'Taking deep breaths to calm the nervous system' improves health by 70 points.

Level 15: At level 15, 'Taking deep breaths to calm the nervous system' improves health by 75 points.

Card Name: Taking short walks during the workday to stay active

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Taking short walks during the workday to stay active' improves health by 5 points.

Level 2: At level 2, 'Taking short walks during the workday to stay active' improves health by 10 points.

Level 3: At level 3, 'Taking short walks during the workday to stay active' improves health by 15 points.

Level 4: At level 4, 'Taking short walks during the workday to stay active' improves health by 20 points.

Level 5: At level 5, 'Taking short walks during the workday to stay active' improves health by 25 points.

Level 6: At level 6, 'Taking short walks during the workday to stay active' improves health by 30 points.

Level 7: At level 7, 'Taking short walks during the workday to stay active' improves health by 35 points.

Level 8: At level 8, 'Taking short walks during the workday to stay active' improves health by 40 points.

Level 9: At level 9, 'Taking short walks during the workday to stay active' improves health by 45 points.

Level 10: At level 10, 'Taking short walks during the workday to stay active' improves health by 50 points.

Level 11: At level 11, 'Taking short walks during the workday to stay active' improves health by 55 points.

Level 12: At level 12, 'Taking short walks during the workday to stay active' improves health by 60 points.

Level 13: At level 13, 'Taking short walks during the workday to stay active' improves health by 65 points.

Level 14: At level 14, 'Taking short walks during the workday to stay active' improves health by 70 points.

Level 15: At level 15, 'Taking short walks during the workday to stay active' improves health by 75 points.

Card Name: Taking time to relax and unwind each day

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Taking time to relax and unwind each day' improves health by 5 points.

Level 2: At level 2, 'Taking time to relax and unwind each day' improves health by 10 points.

Level 3: At level 3, 'Taking time to relax and unwind each day' improves health by 15 points.

Level 4: At level 4, 'Taking time to relax and unwind each day' improves health by 20 points.

Level 5: At level 5, 'Taking time to relax and unwind each day' improves health by 25 points.

Level 6: At level 6, 'Taking time to relax and unwind each day' improves health by 30 points.

Level 7: At level 7, 'Taking time to relax and unwind each day' improves health by 35 points.

Level 8: At level 8, 'Taking time to relax and unwind each day' improves health by 40 points.

Level 9: At level 9, 'Taking time to relax and unwind each day' improves health by 45 points.

Level 10: At level 10, 'Taking time to relax and unwind each day' improves health by 50 points.

Level 11: At level 11, 'Taking time to relax and unwind each day' improves health by 55 points.

Level 12: At level 12, 'Taking time to relax and unwind each day' improves health by 60 points.

Level 13: At level 13, 'Taking time to relax and unwind each day' improves health by 65 points.

Level 14: At level 14, 'Taking time to relax and unwind each day' improves health by 70 points.

Level 15: At level 15, 'Taking time to relax and unwind each day' improves health by 75 points.

Card Name: Taking vitamins and supplements as recommended

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Taking vitamins and supplements as recommended' improves health by 5 points.

Level 2: At level 2, 'Taking vitamins and supplements as recommended' improves health by 10 points.

Level 3: At level 3, 'Taking vitamins and supplements as recommended' improves health by 15 points.

Level 4: At level 4, 'Taking vitamins and supplements as recommended' improves health by 20 points.

Level 5: At level 5, 'Taking vitamins and supplements as recommended' improves health by 25 points.

Level 6: At level 6, 'Taking vitamins and supplements as recommended' improves health by 30 points.

Level 7: At level 7, 'Taking vitamins and supplements as recommended' improves health by 35 points.

Level 8: At level 8, 'Taking vitamins and supplements as recommended' improves health by 40 points.

Level 9: At level 9, 'Taking vitamins and supplements as recommended' improves health by 45 points.

Level 10: At level 10, 'Taking vitamins and supplements as recommended' improves health by 50 points.

Level 11: At level 11, 'Taking vitamins and supplements as recommended' improves health by 55 points.

Level 12: At level 12, 'Taking vitamins and supplements as recommended' improves health by 60 points.

Level 13: At level 13, 'Taking vitamins and supplements as recommended' improves health by 65 points.

Level 14: At level 14, 'Taking vitamins and supplements as recommended' improves health by 70 points.

Level 15: At level 15, 'Taking vitamins and supplements as recommended' improves health by 75 points.

Card Name: Using a treadmill while on the phone

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Using a treadmill while on the phone' causes a bizarre effect that alters health by 45 points.

Card Name: Using candles for better 'airflow' in your home

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Using candles for better 'airflow' in your home' causes a bizarre effect that alters health by 45 points.

Card Name: Using essential oils instead of deodorant

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Using essential oils instead of deodorant' causes a bizarre effect that alters health by 45 points.

Card Name: Using meditation to improve mental clarity

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Using meditation to improve mental clarity' improves health by 5 points.

Level 2: At level 2, 'Using meditation to improve mental clarity' improves health by 10 points.

Level 3: At level 3, 'Using meditation to improve mental clarity' improves health by 15 points.

Level 4: At level 4, 'Using meditation to improve mental clarity' improves health by 20 points.

Level 5: At level 5, 'Using meditation to improve mental clarity' improves health by 25 points.

Level 6: At level 6, 'Using meditation to improve mental clarity' improves health by 30 points.

Level 7: At level 7, 'Using meditation to improve mental clarity' improves health by 35 points.

Level 8: At level 8, 'Using meditation to improve mental clarity' improves health by 40 points.

Level 9: At level 9, 'Using meditation to improve mental clarity' improves health by 45 points.

Level 10: At level 10, 'Using meditation to improve mental clarity' improves health by 50 points.

Level 11: At level 11, 'Using meditation to improve mental clarity' improves health by 55 points.

Level 12: At level 12, 'Using meditation to improve mental clarity' improves health by 60 points.

Level 13: At level 13, 'Using meditation to improve mental clarity' improves health by 65 points.

Level 14: At level 14, 'Using meditation to improve mental clarity' improves health by 70 points.

Level 15: At level 15, 'Using meditation to improve mental clarity' improves health by 75 points.

Card Name: Using only wooden utensils for 'natural energy'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Using only wooden utensils for 'natural energy"' causes a bizarre effect that alters health by 45 points.

Card Name: Using sunscreen to protect skin from UV damage

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Using sunscreen to protect skin from UV damage' improves health by 5 points.

Level 2: At level 2, 'Using sunscreen to protect skin from UV damage' improves health by 10 points.

Level 3: At level 3, 'Using sunscreen to protect skin from UV damage' improves health by 15 points.

Level 4: At level 4, 'Using sunscreen to protect skin from UV damage' improves health by 20 points.

Level 5: At level 5, 'Using sunscreen to protect skin from UV damage' improves health by 25 points.

Level 6: At level 6, 'Using sunscreen to protect skin from UV damage' improves health by 30 points.

Level 7: At level 7, 'Using sunscreen to protect skin from UV damage' improves health by 35 points.

Level 8: At level 8, 'Using sunscreen to protect skin from UV damage' improves health by 40 points.

Level 9: At level 9, 'Using sunscreen to protect skin from UV damage' improves health by 45 points.

Level 10: At level 10, 'Using sunscreen to protect skin from UV damage' improves health by 50 points.

Level 11: At level 11, 'Using sunscreen to protect skin from UV damage' improves health by 55 points.

Level 12: At level 12, 'Using sunscreen to protect skin from UV damage' improves health by 60 points.

Level 13: At level 13, 'Using sunscreen to protect skin from UV damage' improves health by 65 points.

Level 14: At level 14, 'Using sunscreen to protect skin from UV damage' improves health by 70 points.

Level 15: At level 15, 'Using sunscreen to protect skin from UV damage' improves health by 75 points.

Card Name: Using tobacco products

Card Type: Unhealthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Using tobacco products' reduces health by 5 points.

Level 2: At level 2, 'Using tobacco products' reduces health by 10 points.

Level 3: At level 3, 'Using tobacco products' reduces health by 15 points.

Level 4: At level 4, 'Using tobacco products' reduces health by 20 points.

Level 5: At level 5, 'Using tobacco products' reduces health by 25 points.

Level 6: At level 6, 'Using tobacco products' reduces health by 30 points.

Level 7: At level 7, 'Using tobacco products' reduces health by 35 points.

Level 8: At level 8, 'Using tobacco products' reduces health by 40 points.

Level 9: At level 9, 'Using tobacco products' reduces health by 45 points.

Level 10: At level 10, 'Using tobacco products' reduces health by 50 points.

Level 11: At level 11, 'Using tobacco products' reduces health by 55 points.

Level 12: At level 12, 'Using tobacco products' reduces health by 60 points.

Level 13: At level 13, 'Using tobacco products' reduces health by 65 points.

Level 14: At level 14, 'Using tobacco products' reduces health by 70 points.

Level 15: At level 15, 'Using tobacco products' reduces health by 75 points.

Card Name: Walking only backward for exercise

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Walking only backward for exercise' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Walking only backward for exercise' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Walking only backward for exercise' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Walking only backward for exercise' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Walking only backward for exercise' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Walking only backward for exercise' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Walking only backward for exercise' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Walking only backward for exercise' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Walking only backward for exercise' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Walking only backward for exercise' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Walking only backward for exercise' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Walking only backward for exercise' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Walking only backward for exercise' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Walking only backward for exercise' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Walking only backward for exercise' causes a bizarre effect that alters health by 45 points.

Card Name: Walking only in circles for 'better focus'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Walking only in circles for 'better focus'" causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Walking only in circles for 'better focus'" causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Walking only in circles for 'better focus'" causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Walking only in circles for 'better focus'" causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Walking only in circles for 'better focus'" causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Walking only in circles for 'better focus'" causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Walking only in circles for 'better focus'" causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Walking only in circles for 'better focus' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Walking only in circles for 'better focus' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Walking only in circles for 'better focus' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Walking only in circles for 'better focus' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Walking only in circles for 'better focus' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Walking only in circles for 'better focus' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Walking only in circles for 'better focus' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Walking only in circles for 'better focus' causes a bizarre effect that alters health by 45 points.

Card Name: Walking up stairs instead of using elevators

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Walking up stairs instead of using elevators' improves health by 5 points.

Level 2: At level 2, 'Walking up stairs instead of using elevators' improves health by 10 points.

Level 3: At level 3, 'Walking up stairs instead of using elevators' improves health by 15 points.

Level 4: At level 4, 'Walking up stairs instead of using elevators' improves health by 20 points.

Level 5: At level 5, 'Walking up stairs instead of using elevators' improves health by 25 points.

Level 6: At level 6, 'Walking up stairs instead of using elevators' improves health by 30 points.

Level 7: At level 7, 'Walking up stairs instead of using elevators' improves health by 35 points.

Level 8: At level 8, 'Walking up stairs instead of using elevators' improves health by 40 points.

Level 9: At level 9, 'Walking up stairs instead of using elevators' improves health by 45 points.

Level 10: At level 10, 'Walking up stairs instead of using elevators' improves health by 50 points.

Level 11: At level 11, 'Walking up stairs instead of using elevators' improves health by 55 points.

Level 12: At level 12, 'Walking up stairs instead of using elevators' improves health by 60 points.

Level 13: At level 13, 'Walking up stairs instead of using elevators' improves health by 65 points.

Level 14: At level 14, 'Walking up stairs instead of using elevators' improves health by 70 points.

Level 15: At level 15, 'Walking up stairs instead of using elevators' improves health by 75 points.

Card Name: Wearing 10 pairs of socks for foot circulation

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Wearing 10 pairs of socks for foot circulation' causes a bizarre effect that alters health by 45 points.

Card Name: Wearing a hat at all times to stay 'energized'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Wearing a hat at all times to stay 'energized'' causes a bizarre effect that alters health by 45 points.

Card Name: Wearing gloves indoors for 'protection'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Wearing gloves indoors for 'protection' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Wearing gloves indoors for 'protection'' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Wearing gloves indoors for 'protection'' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Wearing gloves indoors for 'protection'' causes a bizarre effect that alters health by 45 points.

Card Name: Wearing multiple layers to 'burn calories'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Wearing multiple layers to 'burn calories'' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Wearing multiple layers to 'burn calories'' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Wearing multiple layers to 'burn calories'' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Wearing multiple layers to 'burn calories'' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Wearing multiple layers to 'burn calories'' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Wearing multiple layers to 'burn calories'' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Wearing multiple layers to 'burn calories'' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Wearing multiple layers to 'burn calories'' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Wearing multiple layers to 'burn calories'' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Wearing multiple layers to 'burn calories'" causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Wearing multiple layers to 'burn calories'" causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Wearing multiple layers to 'burn calories'" causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Wearing multiple layers to 'burn calories'" causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Wearing multiple layers to 'burn calories'" causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Wearing multiple layers to 'burn calories'" causes a bizarre effect that alters health by 45 points.

Card Name: Wearing protective gear during physical activities

Card Type: Healthy

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Wearing protective gear during physical activities' improves health by 5 points.

Level 2: At level 2, 'Wearing protective gear during physical activities' improves health by 10 points.

Level 3: At level 3, 'Wearing protective gear during physical activities' improves health by 15 points.

Level 4: At level 4, 'Wearing protective gear during physical activities' improves health by 20 points.

Level 5: At level 5, 'Wearing protective gear during physical activities' improves health by 25 points.

Level 6: At level 6, 'Wearing protective gear during physical activities' improves health by 30 points.

Level 7: At level 7, 'Wearing protective gear during physical activities' improves health by 35 points.

Level 8: At level 8, 'Wearing protective gear during physical activities' improves health by 40 points.

Level 9: At level 9, 'Wearing protective gear during physical activities' improves health by 45 points.

Level 10: At level 10, 'Wearing protective gear during physical activities' improves health by 50 points.

Level 11: At level 11, 'Wearing protective gear during physical activities' improves health by 55 points.

Level 12: At level 12, 'Wearing protective gear during physical activities' improves health by 60 points.

Level 13: At level 13, 'Wearing protective gear during physical activities' improves health by 65 points.

Level 14: At level 14, 'Wearing protective gear during physical activities' improves health by 70 points.

Level 15: At level 15, 'Wearing protective gear during physical activities' improves health by 75 points.

Card Name: Wearing sunglasses at night for 'better sleep'

Card Type: Ridiculous

Effect: -9 seconds of life per real second in polluted environments.

Level Effects:

Level 1: At level 1, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 3 points.

Level 2: At level 2, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 6 points.

Level 3: At level 3, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 9 points.

Level 4: At level 4, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 12 points.

Level 5: At level 5, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 15 points.

Level 6: At level 6, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 18 points.

Level 7: At level 7, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 21 points.

Level 8: At level 8, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 24 points.

Level 9: At level 9, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 27 points.

Level 10: At level 10, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 30 points.

Level 11: At level 11, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 33 points.

Level 12: At level 12, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 36 points.

Level 13: At level 13, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 39 points.

Level 14: At level 14, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 42 points.

Level 15: At level 15, 'Wearing sunglasses at night for 'better sleep' causes a bizarre effect that alters health by 45 points.