

Find Someone Who... (Health Habits)

Instructions: Walk around the room and ask your classmates questions. Write their name in the box when they say "Yes" to your question. Try to find a different person for each box!

Health habits	Name	Name
Drinks at least 8 glasses of water a day		
Exercises three or more times a week		
Eats fruits or vegetables every day		
Avoids eating fast food		
Gets at least 7 hours of sleep each night		
Has tried meditation or yoga		
Walks or bikes instead of using a car or bus		
Goes to the doctor for regular check-ups		
Cooks most of their meals at home		