

# Healthy Habits Word Search

## Puzzle 125

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

**AWARENESS  
BREATH  
COORDINATION  
DIGESTION  
GROUND  
PREPARE  
STRESS  
TIMEOUT**

**BEDTIME  
CONSISTENCY  
DEFENSE  
GRAIN  
NUTRITION  
RELATION  
STRUCTURE  
WHOLEFOOD**

# Healthy Habits Word Search

## Puzzle-Solution 125

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

**AWARENESS**  
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