

# Healthy Habits Word Search

## Puzzle 131

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

**ACTIVITY**  
**CALM**  
**DEFENSE**  
**HEALTH**  
**MICRONUTRIENT**  
**PAUSE**  
**PROTEIN**  
**STRESS**

**BEDTIME**  
**CONSISTENCY**  
**EMOTION**  
**MEASURE**  
**NUTRITION**  
**PORITION**  
**STRENGTH**  
**TENSION**

# Healthy Habits Word Search

## Puzzle-Solution 131

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

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