

Healthy Habits Word Search

Puzzle 148

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

**CLEANLINESS
DISCIPLINE
GRATITUDE
INTROSPECT
NOTE
POSTURE
REFLECTION
REST**

**COORDINATION
EASE
HYDRATION
MODERATION
POSITIVITY
PROTEIN
RELAX
TRACK**

Healthy Habits Word Search

Puzzle-Solution 148

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

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