

**Seven hours
every night**

**Get up at the
same time**

Have a routine

**Reaction
to stress**

**Active or
passive?**

**Too much or
too little**

SLEEP

STRESS



EATING

EXERCISE

**Eat breakfast
every day**

**Eat healthy
every 3 or 4 hours**

**Divide your plate
into fourths**

Three times a week

**Forty five minutes
to one hour**

**No more than 22 sets,
19 minutes aerobic**