CHOOSE YOUR OWN ADVENTURE

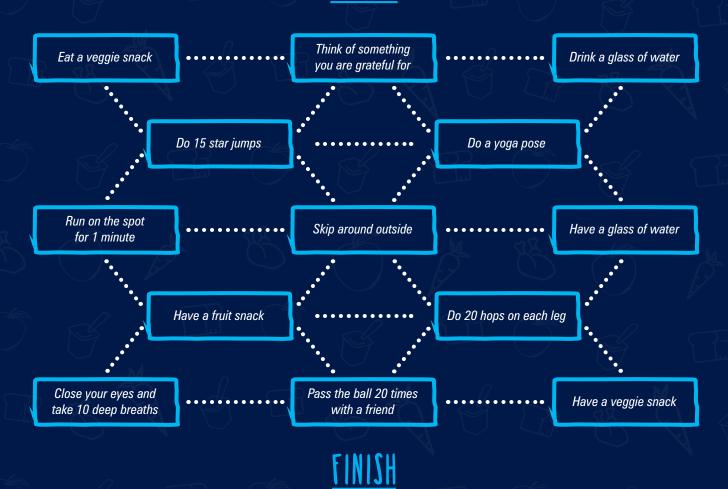




INSTRUCTIONS

Begin at the start. Choose any Healthy Hero habits you want to complete to help get you to the finish.

START









HALF CAT AND CLAWDIA WANT YOU TO...



CHOOSE ONLY WATER TO DRINK

PLAY GAMES WITH YOUR FRIENDS

BE ACTIVE EVERY DAY

SPEND TIME SHARING WHAT YOU LIKED ABOUT YOUR DAY WITH FAMILY

HAVE A GOOD NIGHT'S SLEEP ZZZZZ







