

BODYQUEST

- ▶ I _____ will enter into the quest for health, strength, and wisdom.
- ▶ I will try new fruits and vegetables.
- ▶ I will share what I learn with my family and friends.
- ▶ I will learn to eat healthy foods every day.
- ▶ I will have fun on my quest.

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www.LiveWellAlabama.com

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