

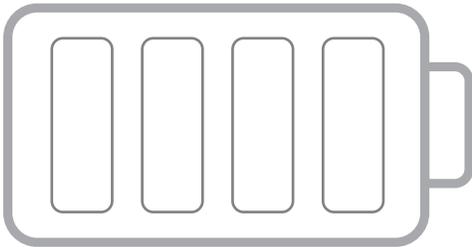
Name _____



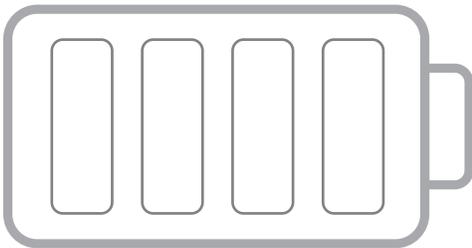
My Energy

Your energy level changes throughout the day. Show your energy level right now, after school, and at home by coloring in the batteries below. Then write or draw the healthy choices you will make in the space on the right.

Right Now



After School



At Home

