



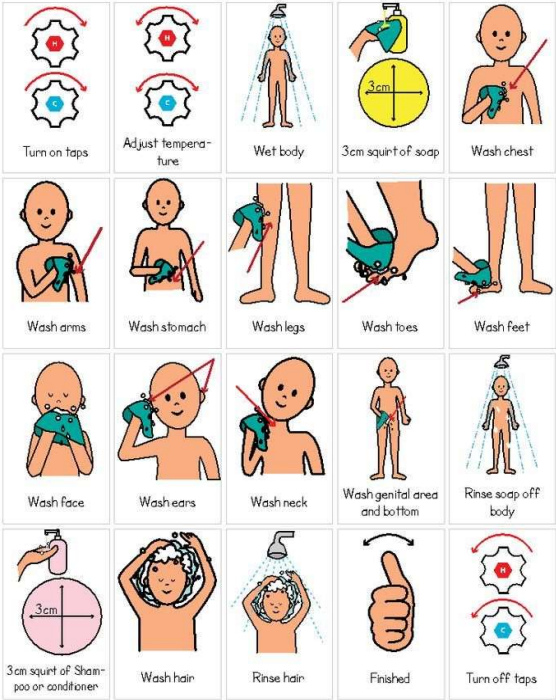


<p><b>WAKE UP!</b></p> <p>Waking up at the same time every day helps start your daily routine.</p>	
<p><b>EAT BREAKFAST</b></p> <p>Eating a healthy breakfast helps you start your day right. Oatmeal with berries is a healthy, filling and yummy breakfast!</p> <p>Stovetop Oatmeal: Bring 1 cup water (low-fat milk) and a pinch of salt (if desired) to a boil in a small saucepan. Stir in 1/4 cup oats and reduce heat to low; cook, stirring occasionally, until the oats are the desired texture. Add frozen or fresh berries 2-3 min before taking off heat. Cook for 20 min. Add maple syrup on top.</p>	
<p><b>TAKE MEDICATION WITH FOOD</b></p> <p>Taking your medication at the same time everyday helps you stay happy and healthy.</p>	
<p><b>TAKE A SHOWER AND BRUSH YOUR TEETH</b></p> <p>Take a shower every day to keep your body healthy. Follow the steps on the chart to make sure you get all the important areas clean.</p> <p>Brush your teeth in the morning and at night</p> 	<p>Washing your body in the shower</p> 
<p><b>GET DRESSED</b></p> <p>Put on <u>clean clothes</u> to help yourself feel good and prepared for the day.</p>	