**Healthy Living Journal Entry #1**

Answer/comment on the following questions:

1. Describe some of the activities that you participate in? What are your favorite activities? Why do you like them?

2. Why is it important to be active? Explain.

3. List some activities that you would like to try that you have never tried before?

4. List some healthy living goals that you may have and explain why you have them: (Stress Reduction, Quit Smoking, become better at a certain activity, make a team, improve your fitness etc.)

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