

# Ted



- Stays up late
- Skips breakfast
- Gets headaches

Suggestions?

# Beth



- Plays video games all day
- Doesn't have energy to play outside with her friends

Suggestions?

# Alex



- Snacks on chips and candy
- Doesn't have energy to play outside
- Watches a lot of TV

Suggestions?

# Jude



- Catches a lot of colds
- Doesn't like to eat fruits or vegetables

Suggestions?