What Makes Me Feel Good?

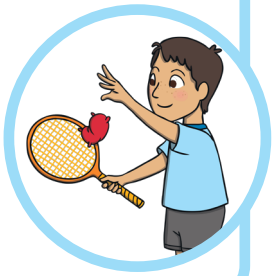
I feel good when...



I feel full of energy when...



I feel physically strong when...



I sleep well when...



I made a healthy food swap today by swapping...

for...



I feel positive when...

