

75 A SURVEY TEMPLATE

My top tips of things I can do for my health

| body (PHYSICAL HEALTH) | body and mind (WELLNESS) | body, mind and spirit (MINDFULNESS) |
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Find out what your classmates think and write down their ideas.

My classmates' top tips of things they can do for their health

| body (PHYSICAL HEALTH) | body and mind (WELLNESS) | body, mind and spirit (MINDFULNESS) |
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