

Checklist for Snackers

Before You Open
the Fridge...

★ Am I really hungry?

★ Did I drink
enough water today?

★ Can I have a fruit or salad?

★ Can I hold off
till the next meal?

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Notes for office desk

drink 
WATER
before you get
coffee!

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when did u
stand-up
last??


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when in
stress 
3 deep
breaths...

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you got a
 **call?**
get up &
start
Walking!


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