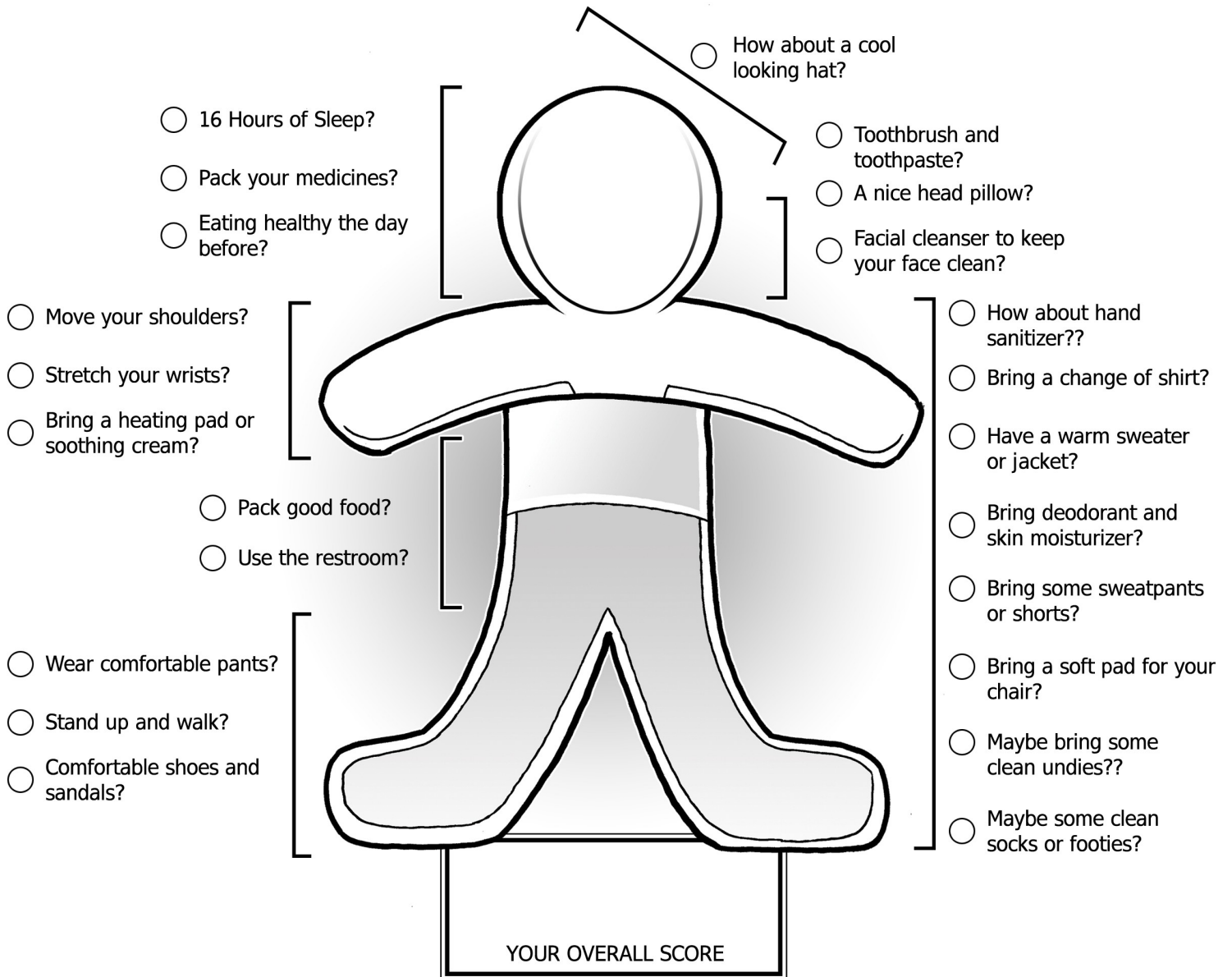


1. Each bubble you fill in is worth 2 pts.
2. Draw a star next to the item that you feel is the most important.
3. After you've filled in enough bubbles, add up your score and write it in the box. Then GO PACK THE ITEMS ON YOUR LIST!

"Your greatest resource is your own body.  
Take care of it...and it will take care of you."



16 Hours of Sleep?

Pack your medicines?

Eating healthy the day before?

Move your shoulders?

Stretch your wrists?

Bring a heating pad or soothing cream?

Pack good food?

Use the restroom?

Wear comfortable pants?

Stand up and walk?

Comfortable shoes and sandals?

How about a cool looking hat?

Toothbrush and toothpaste?

A nice head pillow?

Facial cleanser to keep your face clean?

How about hand sanitizer??

Bring a change of shirt?

Have a warm sweater or jacket?

Bring deodorant and skin moisturizer?

Bring some sweatpants or shorts?

Bring a soft pad for your chair?

Maybe bring some clean undies??

Maybe some clean socks or footies?

YOUR OVERALL SCORE

Now Go and Pack everything on your list!  
That's the only action that REALLY counts.