

## Prepping Your Body

Time to Complete:	5 minutes
Mission:	Your body will be rested, energetic, healthy, and well taken care of because this exercise asks you to do certain tasks that strengthen body areas. To pack items you may not even know you needed.
Outcome:	You will avoid causing your body unnecessary pain. You'll consider areas of your body that usually go unnoticed until they start hurting. You'll pack supplies and medicines that you might typically overlook.
Potential Difficulty:	You might think that a particular item isn't really that important. You might forget something that really is important. You might decide to leave something out that you end up really needing.
Steps to Complete the Exercise:	<ol style="list-style-type: none"><li>1. Each bubble you fill in is <b>worth 2 points</b>.</li><li>2. <b>Draw a star</b> next to the first bubble you fill in because this might be your weakest area. If it isn't, draw a star next to your weakest area.</li><li>3. <b>Strengthen your weakest area</b> by doubling up.</li><li>4. <b>Add any items</b> you can think of that aren't on this list.</li><li>5. After you've filled in all the bubbles, <b>add up your points</b>.</li><li>6. Write in your <b>overall score</b> in the box.</li><li>7. Try and get a score that's <b>higher than 20</b>.</li><li>8. <b>Go pack the items</b> on your list as soon as possible!</li></ol>
Ways to Avoid Failure:	Think more than twice if you're about to decide not to bring something. Imagine a worst case scenario and how something you pack would help you avoid it. Make sure the items you put into your body are compatible with your chemistry.  Always have a little extra of the really important items.