

## **Day 2 – Assignment**

### Health Journal

By writing at least 10 total sentences, answer the following questions. You do not need 10 sentences for each question, only 10 total sentences for all together.

1. What can you control about your health?
2. My life would be better if...?
3. What makes me happy is...?

Answer or complete, and explain why each answer was chosen. This should help you complete the sentence number required.