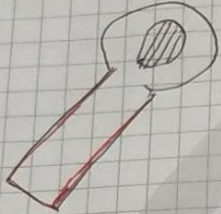


18/03/2021

Los hábitos

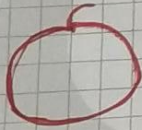
Primer hábito

- Bañarse los dientes



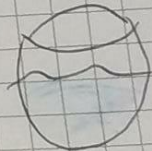
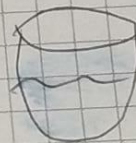
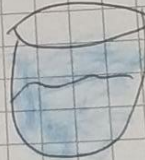
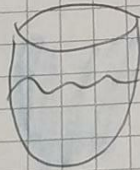
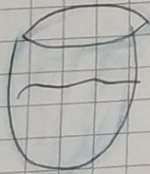
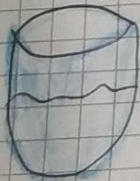
Segundo hábito

- Comer sano en porciones



Tercer hábito

- tomar 6 vasos de agua al día



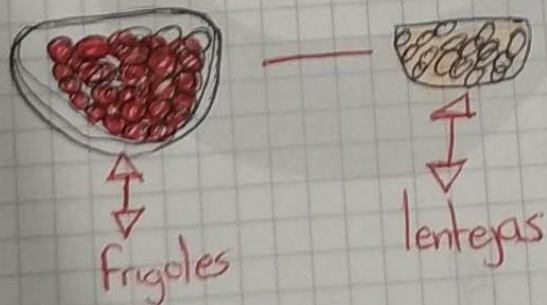
Cuarto habito

- aseo personal



Quinto habito

- dos dias de grano a la semana



Sexto hábito

- Comer cinco

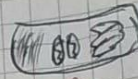
Comidas al día



huevo
desayuno

oreo

galleta
onces



almuerzo
arroz, papa y
Carne



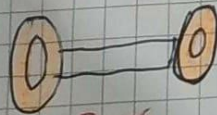
agua
onces



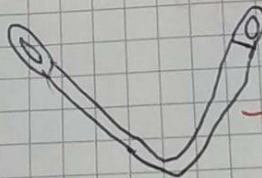
comida
arroz, plátano
pasta

Séptimo hábito

- hacer ejercicio



pesas



-lazo